

Edward Hines Jr VA

SURVIVING THE HOLIDAYS



December 2020

Try these helpful tips to
survive and thrive
throughout the holiday
season!

01

EAT CONSISTENTLY

- Eat every 3-4 hours
- Include balanced snacks

02

PLAN AHEAD

- Plan meals and snacks
- Aim for 3-4 food groups per meal

03

COPE WITH STRESS

- Create traditions that do not involve food
- Plan ahead to manage stressful situations

04

ASK FOR HELP

- Mental Health Intake Center 708-202-8387 x23446