



## Week 5: Celebrate the season with ease

You may enjoy hosting holiday gatherings or entertaining out-of-town guests. But sometimes, stress can crash your party and ruin your weight management plan. That's when you need to take time out to give yourself some breathing room. With a little planning and awareness, you can stay on track.

Here are some simple ways to help you get back your balance – and handle whatever the holidays throw at you.

**\*Unplug.** Take a break from checking your phone or email. Instead, enjoy a long bath. Or, go for a nature walk. (Exercise is a great stress reliever!) Just be present and happy in the moment.

**\*Bust a move.** Turn on your favorite jams and show off your best moves! Music has been shown to lower depression, anxiety, and even pain. Dancing releases endorphins (happy hormones) into your body.

**\*Laugh it off.** Laughing relaxes your body and clears your mind. Feeling anxious? Watch a comedy or spend time with a funny friend. A good belly laugh will wash your tension away.

[CLICK HERE](#) for resources to help increase your 'me' time.

[CLICK HERE](#) to access podcasts from Kaiser Permanente.

### **Matt Plummer**

Safety and Wellness Coordinator  
 Marion County Risk Management  
 Salem, Oregon  
[503-566-3948](tel:503-566-3948)