



Taking Steps for a Healthy Holiday

With the holidays already here, many persons with diabetes worry that the season's stress could affect their physical health. Studies show that close to 40% either eat or drink excessively to cope with this hectic time of the year. Stress and overindulgence can wreak havoc on blood glucose control. Planning ahead is the optimal way to maintain good holiday time health.

Food plays a major role in most holiday celebrations. Here are a few tips to help with a plan:

1. Bring your favorite healthy dish to each party. That way you know there will be something nutritious there.
2. Focus on the activities at the party instead of the buffet table. Help decorate the tree, grab the Karaoke mic, sing carols, help with card decorating
3. Skip second helpings, a holiday treat is a substitute for another carb, not in addition.
4. Limit alcohol by carrying a glass of club soda with a twist.

Being active in the holidays can help with your stress and keep your glucose in check:

1. Parking at the far end of the mall to add steps.
2. Adding 15 minutes of extra activity in another time of the day. Walk to enjoy evening outdoor neighborhood decorations.
3. Rake leaves for a neighbor or help them with their decorations.
4. Add laughter into your day, it is a great tension reliever.
5. Start a caroling group in your neighborhood.

Dealing with overdoing and over scheduling can contribute to elevated blood glucose during the holidays.

1. Schedule time for your own self-care. Put it on your daily to do list.
2. Set a time or post a note to take 2-3 minutes to deep breath three times per day.
3. Put yourself on a time out to sit quietly or stretch out for 5-10 minutes. It's a great mood booster.
4. Pre-think your spending limits and obligation limits before the holidays begin.
5. Check in with yourself how the holidays are going throughout the days.
6. Keep your expectations realistic.

My wishes to you is for the spirit and the joys of the holidays be a gift to your good health.

If you have questions or topics you would like me to explore contact me: 909-335-5501 ext 6393

Created: December 2017 by Janet Howard-Ducsay BSN RN CDE