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# WAYS TO STAY HEALTHY FOR THE HOLIDAYS

01

## FIGHT GERMS

In the fall and winter, people tend to get sick with colds and the flu. And we're still dealing with COVID-19. So protect yourself: Get a COVID-19 vaccine and the annual flu vaccine, and wash your hands a lot.

## EAT HEALTHY AND BE MERRY

Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat 5 or more servings of fruits and vegetables a day.

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## CHILL

"Can I afford it?" "Will it be perfect?" Even things we look forward to, like the holidays, can come with worries attached. If you feel stressed, stop what you're doing for just a moment. Take 5 deep belly breaths. Concentrate on each breath as you inhale and exhale.

## BEAT THE BLUES

Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. Know your triggers and when to take a break.

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## GET SOME ZZZS

Getting 8½ to 9 hours of **sleep** a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.



READ MORE AT:  
[kidshealth.org/en/teens/holiday-tips.html](https://kidshealth.org/en/teens/holiday-tips.html)