When the afternoon slump comes around, skip the gingerbread latte and opt for a walk instead.

23% productivity increase from mid-day exercise

SOURCE: International Journal of Workplace Health Management
12 Tips to Stay Happy & Healthy through the Holidays

**Tip 2:**

Zen Out

Make time to manage the holiday stress with a little mindful meditation.

70% anxiety reduction witnessed among study participants trained in meditation

SOURCE: The Nurse Practitioner

virginpulse.com
Tip 3:

Give up the gadgets

At your next holiday party, try stowing away your smartphone and make face-time matter.

42% of 18- to 29-year-olds who say their romantic partner is distracted by their smartphone.

SOURCE: Princeton Survey Associates International
Next holiday cookie swap, grab fresh fruit instead. Your waistline — and your noggin — will thank you.

Poor nutrition stemming from eating too much sugar, fat or carbs can cause cognitive impairment.

SOURCE: Current Opinion in Clinical Nutrition and Metabolic Care
Don’t wait for the New Year to set a healthy goal. Grab a pal and aim to up your activity, sleep more, or make healthier meals.

Tip 5: Reach for the Stars

SOURCE: Virgin Pulse

41% employees motivated by friends to get healthier

SOURCE: Virgin Pulse
Tip 6: Give a little

Stay connected to your community during the holidays. Volunteer, donate old coats, shop local – everything counts!

8 min / day average amount of time Americans spend volunteering

SOURCE: OECD Better Life Index
It’s easy to skip exercise during the holidays. Stay on track with a little healthy competition with colleagues.

Source: OECD Better Life Index

64% women who push themselves harder when working out with others than alone

Source: OECD Better Life Index
Tip 8: Walk this way

Nothing clears the mind like a brisk walk in winter air. But if the weather outside is truly frightful, jump on a treadmill instead.

20 min

the amount of time needed on a treadmill to reduce anxiety

SOURCE: Behavior Research and Therapy
Holidays are a wonderful time to connect and make memories with loved ones – it will truly make your season bright.

Tip 9: Share the Love

Socially isolated people have poorer health and shorter lives than those with meaningful social bonds.

SOURCE: European Journal of Developmental Psychology
Tip 10: Prioritize

Pick one priority to cross off your holiday to-do list. You’ll keep your stress under control and feel more accomplished.

40% productivity loss due to multitasking

SOURCE: Journal of Experimental Psychology
Make it a point to reach out to whomever lives next door – you never know how far a holiday hello will go!

Tip 11: Be Neighborly

1/3 the amount by which Americans’ core social networks have dropped since 1985

SOURCE: Pew Research Internet Project

virginpulse.com
Holiday shopping list got your pocketbook in a bind? Track all the ways you’re spending your money and see what can go.

Tip 12: Pinch those pennies

15% of household income Americans spend on unnecessary items

SOURCE: 24/7 Wall St. Report