

# Squash Seasonal Stress

## DECEMBER ACTIVITY

### Manage Stress and Maintain Your Weight

Keep a host of useful tips in mind as you interact with friends and family. If you wish, track your weight each week and remain in control of your diet. Your first tip? Keep your routine! Regular sleep, exercise and diet will help you feel in control and have a positive impact on your stress level.

### Set yourself up for success

- Keep close to your routines for sleep, exercise and diet
- Don't overschedule
- Know your budget
- Admit when you need support



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