

How to reset from the holidays and restore healthy habits

1. Recommit to a healthy diet

Holidays often mean overindulging. Many of us eat foods we don't normally eat. And once the festivities are over, and it's time to return to a healthy diet, it can be challenging. Taking small steps, like introducing more fruits and vegetables, whole foods, and lean meats can help. Whether on a specialty diet like keto or paleo or a standard diet, choose foods rich in vitamins and minerals.

2. Stay hydrated

During the holidays you may have enjoyed more sugary beverages than normal. To get back on track, try to stay hydrated. How much water your body needs depends on a variety of factors—like your activity levels, health factors, and where you live—but generally speaking, for healthy individuals, the recommendation is:

- 3.7 liters per day for men (15.5 cups)
- 2.7 liters per day for women (11.5 cups)

3. Get enough sleep

Now that the parties are over, and the preparations and travel are behind you, give yourself time to rest. More importantly, prioritize getting restful and restorative sleep, at least 7 hours for most adults.

4. Get regular exercise

It's easy to forget about your fitness routines during the holidays. With the disruption in routines, many people aren't able to exercise as consistently as they usually might. But as we turn over a new leaf, include regular workouts in your new year's plans and resolutions. This can be as easy as walking for 30 minutes daily. (Take advantage of your two 15-minute breaks) ☺

5. Practice meditation and mindfulness

Holidays can be stressful, which may increase feelings of depression and anxiety in some. Preparing for celebrations and buying gifts can cause financial stress; and you may feel lonely if you're unable to be with your loved ones. If you're feeling stressed—or even just a little deflated following the holidays, try supporting your mental well-being by practicing meditation and mindfulness.

- <https://meditation.downdogapp.com/> (Free when using Chaffey email)

6. Pursue your hobbies and interests

If you spent a lot of time over the holidays without much time for yourself, try to create time for yourself in the new year to relax and pursue your hobbies and interests.

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7. Check in on others who might need support

You might think of the holidays as a time when people come together. However, many might feel this to be the loneliest time of the year. If you have friends, family, or neighbors who may be lonely or isolated, consider checking in to see if they need any support. It could make a huge difference for their mental and physical well-being.

8. Practice self-care

If you tend to lose yourself during the holidays, you're not the only one. After the festivities are over, take some time to focus on yourself. Self-care is the foundation for physical health and mental well-being. In addition to staying hydrated, eating healthy, sleeping well, and exercising regularly, here are some ways to take care of yourself:

- *Separate professional and personal life*
- *Socialize with people*
- *Have 'me time'*
- *Pursue your passion*
- *Motivate yourself*
- *Celebrate small joys*