



SELF CARE DURING THE HOLIDAYS

**CSUS- Cardiovascular Wellness Program
Sharon Myers RN, MA....interpreted by Cari Shulkin**

SELF CARE DURING THE HOLIDAYS...



ARE YOU TAKING A “HOLIDAY” FROM YOUR SELF-CARE ?

○



I'M NOT GOING TO WORRY ABOUT "IT"
DURING THE HOLIDAYS...



HOLIDAYS, A TIME OF JOY, CONNECTION AND LOVE...

- Holiday food traditions (all or nothing thinking)
- Traditions tied to love and connection (potential disappointments)
- Alcohol
- Structure gone- lack of routine
- Fatigue- studies show lack of sleep associated with obesity.



WHAT CAN WE DO ?

- How can we stay healthy and happy during this time of the year?



KEEP YOUR SLEEP ON TRACK

- Pattern of staying up later



- Give yourself at least a few days during the holiday season to get back to your regular bedtime and waking routine.



SLEEP DEPRIVATION

Affects neuroendocrine regulation of appetite

- **Ghrelin** is a hormone produced mainly by cells lining the fundus of the human stomach and cells of the pancreas that stimulates hunger . Causes increased hunger and appetite. This hormone is increased with sleep deprivation.
- **Leptin**, produced by adipose tissue, Is anorexigenic (decreases your appetite). This hormone is decreased with sleep deprivation thereby causing an increase in appetite.

Causes increased hunger, and appetite



SLEEP DEPRIVATION

- Alteration in glucose metabolism
 - Decreased glucose tolerance-This is an inability to control sugar levels in the blood after eating or drinking sugary items.
 - Decreased insulin sensitivity-
Decreased ability of the cells to allow insulin to do its job and transport carbohydrate (sugar) from the blood into the muscles.



KEEP YOUR MEALS HEALTHY AND STICK TO YOUR STRUCTURED ROUTINE

- It's tempting to let go of any planning or structure during the holidays, and this includes meals.
- Can lead to poor food choices that don't give you the energy you need to keep you going strong for all the fun you've planned/ and or to deal with stress.



HAVE AT LEAST ONE ACTIVITY PLANNED EACH DAY THAT IS PART OF YOUR STRUCTURE

- Having some structure helps you stay on track.
- Having something planned helps to keep you moving around and active and keeps you from slipping into lethargy.



TAKE SOME TIME TO BE ALONE

* BUT NOT TOO MUCH

- Spending some time apart, nourishing your own self-care, will help you to appreciate each other more when you're together.
- If alone too much- reach out



PLAN AHEAD FOR HOW YOU WILL CARE FOR YOURSELF

- Plan for exercise
- Plan for food
- Plan for structure
- Plan for sleep
- Let people know
 - Share Appreciation
 - Share What You Need



WHAT DO YOU VALUE ?

○



GRATITUDE

- Notice what is good.
- Notice the small blessings in your day.



ADJUST YOUR EXPECTATIONS

- Cooking family favs
- Perfect gifts
- Wrapping to perfection
- Happy connections
- Significant people
- Holiday cards
- Extra parties
- Decorations
- Magical moments



LIST HOLIDAY TRADITIONS

- Visualize each activity
- Notice how your body feels (tense, weepy, warm, smiley)
- True enthusiasm makes us feel energy
- The Two C's-Cut-Change



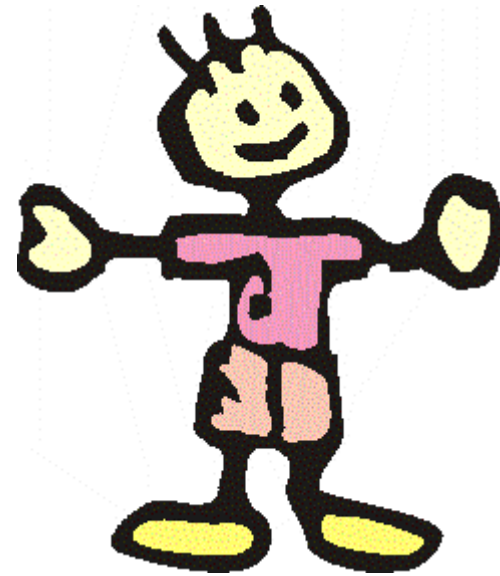
MAKING IT WORK

- Christmas eve breakfast with family
- Skip most work-related parties
- Caring card rather than perfect gift
- Other ideas?



THIS IS YOUR LIFE

- Don't wait for the holidays to end to “get back” to your health and happiness.



A LITTLE SELF CARE NOW CAN MAKE THE HOLIDAYS EASIER TO MANAGE

