

# GUIDE FOR THE HOLIDAYS



Does the very thought of the food and stress-filled holiday season strike fear in your heart? Don't worry! Here are some simple suggestions to help you navigate the season, have a great time and still keep your numbers in target range.



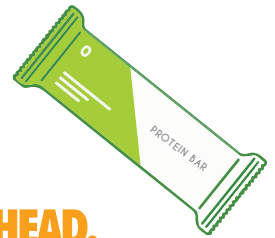
## GET ENOUGH SLEEP.

Lack of sleep can affect your health. Help keep your blood sugar on an even keel by getting good rest.



## DRINK WATER.

It's a great way to avoid the tempting drinks. It will also help you avoid getting dehydrated, and make you feel full which can lead to less snacking.



## PLAN AHEAD.

If you have food and alcohol-filled parties on your calendar, have a protein snack before you go.



## EXERCISE.

We know you're busier than ever during the holidays, but see how you can make getting some activity a part of your day.



## MANAGE YOUR STRESS.

Things can get crazy during the holidays, so be sure to allow some time for relaxation. Read a book, prioritize quiet time for prayer or reflection, and enjoy some down time with friends.



## TREAT YOURSELF.

If there's a special holiday food that you love, build it into your meal plan and carb budget so you can enjoy it without guilt.



## GET SUPPORT.

Finding a friend, a diabetes educator or support group that you can set goals with and talk with about any challenges that arise can really help you stick to your goals through stressful time.