Create a Healthy Holiday Workplace

During the holidays, it seems more sweets and homemade treats pop up in the break room, on countertops, and in coworkers' offices than during the rest of the year. It's enough to make you throw up your hands and say, "I'll wait until after the holidays to eat healthy again!"

Demands on your time and wallet may seem endless. People can feel overwhelmed and have a hard time remembering why this season is supposed to be special.

Consider suggesting ways to increase opportunities for healthy behaviors such as eating healthy foods and getting physical activity.

Offer healthy food and drink choices. If you have an office potluck or party, offer low-calorie, low-sugar options like fruit and sparkling water for everyone to enjoy. Small changes can make a difference.

Provide support to reduce and manage stress. The Centers for Disease Control and Prevention's [Workplace Health Resource Center](#) suggests several ways to beat workplace stress.

Maintain or build relationships by reaching out to coworkers, family, and friends for support.

Drink in moderation, if you choose to drink alcohol.

Get enough sleep.

Manage time and tasks to avoid making too many commitments or feeling overwhelmed.

Keep on track with physical activity to feel better physically and mentally when faced with holiday season challenges.