

# BDS Newsletter

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## ENJOY THE HOLIDAYS WITH YOUR FAMILY

Everywhere you look, there are reminders that the holidays are supposed to be a time for smiling families to gather around a perfectly set table. In these mythical families, the babies never cry, the teenagers never sulk, and the grown-ups never argue about politics. But real-life families are more complicated—and often, much more exasperating and unruly—than that.

In many cases, the holidays bring you together with relatives you don't often see the rest of the year. Being together again can remind you of how much you love and appreciate your relatives.

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=197&contentid=29651>



## Ways To Avoid Stress Eating During Holidays

Do you love holidays but secretly dread the stress? Are you worried that you'll gobble up pumpkin pie and munch on sugar cookies to cope with holiday worries? If so, you aren't alone. With the troubled economy, this holiday is likely to be more stressful than in past years for many people. Learning how to cope with holiday stress in calorie-free ways is one of the best gifts you can give yourself this season.

The good news is that you can do many easy, inexpensive things in less than one minute to calm and soothe your nerves. We'd all like to go to the spa to help us relax, but that isn't realistic or accessible the moment you are craving cornbread stuffing or hot apple pie.

<https://www.oprah.com/spirit/ways-to-avoid-stress-eating-during-the-holidays/all>

# Happy Holidays



## Outdoor Winter Activities

Chilly, snowy days are calling your kids outdoors. Find fun winter activities for the slopes, trails, ice rink, and backyard for children of all ages.

<https://www.familyeducation.com/entertainment-activities/games/outdoor/winter-activities>

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## What's your New Resolution

Warning: More than half of all resolutions fail, but this year, they don't have to be yours. Here's how to identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goals.

<https://www.nytimes.com/guides/smarterliving/resolution-ideas>