BlueResource℠ – Stress Relief – Enjoying the Holidays

Cheers to a Healthy Holiday!

The holidays are a good time to connect and spend time with people you care about. In the rush of all the excitement, it's important to be safe and take good care of yourself. Here are a few reminders to help.

Have good, clean fun. Wash your hands often with soap and water. It prevents the spread of germs to help you, your family and friends celebrate in good health.

Keep stress under wraps. Breathe deeply to relax when you start to feel tense or overwhelmed. Go for a walk, enjoy a yoga class or take a nap – anything to unwind.

Set a holiday budget. Stick to your plan for gifts and holiday entertaining. You can't buy happiness, but you may regret overspending.

Let someone else drive if you drink. Avoid mixing alcohol and driving. Protect yourself and everyone else by riding with a friend or calling a car service.

Tame your flames. Enjoy the festive glow of holiday lights, candles and a cozy fire safely. Never leave holiday lights or open flames unattended.

Stay safe and healthy to enjoy all the gifts of the season.

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