

Well-Being Tips: Healthy for the Holidays

The holidays are almost here, which means it's time to prepare for a season with family and friends. This season is a time to reflect on what's important, celebrate life, and be grateful. However, it's also a hectic time of year filled with parties, financial stress, and illness. Read this list of holiday tips to support your health and wellness this season.

Wash your hands often: [Keeping your hands clean](#) can help prevent illness and the spread of germs. If you're already sick, be sure to cover your cough with a tissue or your elbow, rather than your hand.

Stay warm: [Cold temperatures](#) can cause serious health problems for children and older adults in particular. When going outside this winter, stay dry and dress in layers to keep warm.

Manage stress: Setting a budget and tracking spending can help alleviate financial stress associated with the holiday season. If you don't know where to start, check out [UW Credit Union's tips](#) for budgeting during the winter months.

Travel safely: Traveling over the holiday season can be hectic, especially if you have small kids! Check out these tips for [travelling with children](#) this winter.

Get your flu shot: The Centers for Disease Control recommends that everyone older than 6 months old (and not allergic to the vaccine or its ingredients) get the flu shot. Flu shots are available for UW-Madison employees and students. Click on the [link](#) for more information.

Handle and prepare food safely: Are you cooking for a family gathering this holiday season? Be sure to look over these [food safety tips](#) to avoid cross contamination or food poisoning when preparing food.

Eat healthy, and be active: With the cold weather and excess food over the holidays, it can be difficult to eat healthy and be active. If you don't have a gym membership, try doing [indoor exercises](#). Also, read these [tips](#) on how to practice self-control when eating at your next family gathering.