

DECEMBER



HEALTHY SIZE
2022

2 Locations to Better Serve You!

4080 Nelson Rd. Ste. 200
Lake Charles, LA. 70605
(337) 429-5060

1307 N. Cutting Ave.
Jennings, LA. 70546
(337) 824-5200

DO THINGS THAT BRING YOU



This time of the year can often trigger anxiety & depression for many people. We encourage you to do things that make you happy & take care of your mental health!

-Don't abandon healthy habits. Don't let the holiday's become a free-for-all. Overindulgence only adds extra stress & guilt. Try these suggestions:

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks
- Incorporate regular physical activity into each day
- Stay accountable to weigh-ins & visiting Healthy Size to keep you accountable & aware

-Take a breather. Make some time for yourself. Find something that reduces stress by clearing your mind, slowing your breathing & restoring inner peace. Try doing physical activities, crafts, or reading.

-Stick to a budget. Before you go gift & food shopping, decide how much money you can afford to spend. Plan ahead for what's to come & focus on the true meaning of the holiday season.

-Learn to say "NO". Saying yes when you should say no can leave you feeling overwhelmed & resentful. Be mindful of your obligations, schedules & budget. Family, friends & colleagues will understand that you can't "do it all."

-Acknowledge your feelings. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it is the holiday season. Reach out to your close ones or professionals & ask for help when you are feeling overwhelmed or sad.

Approved Stocking Stuffers

Healthy Snacks: Turkey jerky, sugar free pudding, sugar free Jell-O, 100 calorie nut packs, crystal light water enhancers, Lily's chocolate chips

Hygiene Products: Toothbrush, toothpaste, teeth whitening strips, face masks, serums & cleaners, makeup, socks, vitamins

Misc. Products: candles, car air fresheners, cleaning products, gift cards

Ideas from Healthy Size:

