

wellness WONDERLAND



Whether it's the holidays, starting a new year,
or each day, a Safe Start begins with YOU!

View Our "Wellness Wonderland"
for **HOLIDAY HEALTH TIPS.**

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#1

EXERCISE

Commit to doing a
fitness activity for
30-60 minutes at least
5 days a week.

Running, walking, riding
a bike, stretches, or home
workout videos.

For more **HOLIDAY HEALTH**
tips visit: LeonSchools.net

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#2

NUTRITION

Eat healthy, balanced meals and snacks.

Try to include whole grains, fresh vegetables, fruit, nuts and berries in your holiday menus

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#3

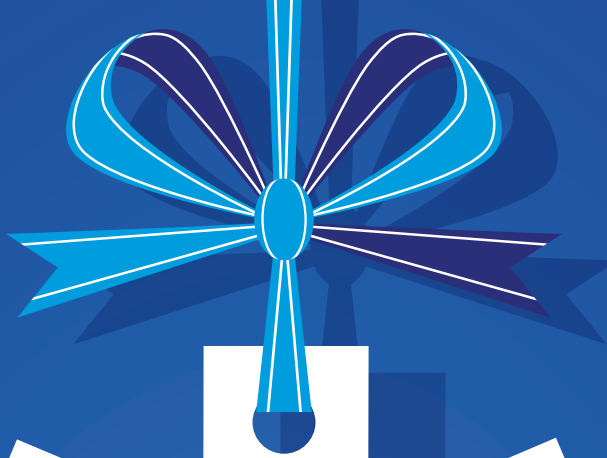
SLEEP

Get at least
8-10 hours of sleep.

Listen to relaxing music, create a
to-do list to clear your mind, or
set a go-to-bed timer.

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#4

MINDFULNESS

Take time to be present
in the moment.

Practice deep breathing techniques.

Take a break from electronics.

Spend time outside.

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tips visit: [LeonSchools.net](https://www.leonschools.net)

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#5

SUPPORT NETWORK

Reach out to trusted individuals if you or someone you know needs mental, or emotional health support.

Call 211 of the Big Bend, a 24-hour hotline for crisis counseling and human service information.

Check on friends and loved ones.

For more **HOLIDAY HEALTH** tips visit: LeonSchools.net



#6

WASH YOUR HANDS

Make frequent handwashing a daily habit.

Sing the 'Jingle Bells' song, or count for 20 seconds.

Keep hand sanitizer with you and use it when you are unable to wash your hands.

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#7

MASK UP!

Wear your mask when in indoors, public places, on public transportation, in a group, and when you cannot socially distance.

Wear the mask over your nose and mouth and make sure it fits snugly against the sides of your face.

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#8

SOCIALLY DISTANCE

Stay at least 6 feet away
from others who do not
live with you.

Keeping 6 feet (about 2 arm
lengths) from others is especially
important for people who are at
higher risk of getting sick.

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#9

TRAVEL

Travel may increase your chance of getting and spreading COVID-19.

If you travel:

Check travel restrictions

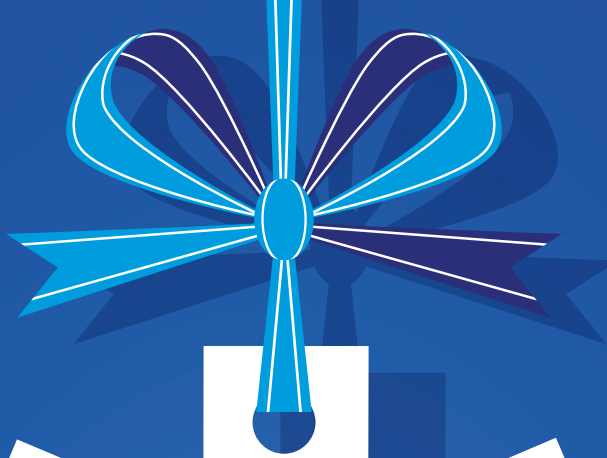
Wear a mask

Wash hands

Socially distance

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#10

ATTENDING A GATHERING

Celebrating virtually or with
the people you live with is
the safest choice.

If you choose to attend a gathering:

Bring your own food

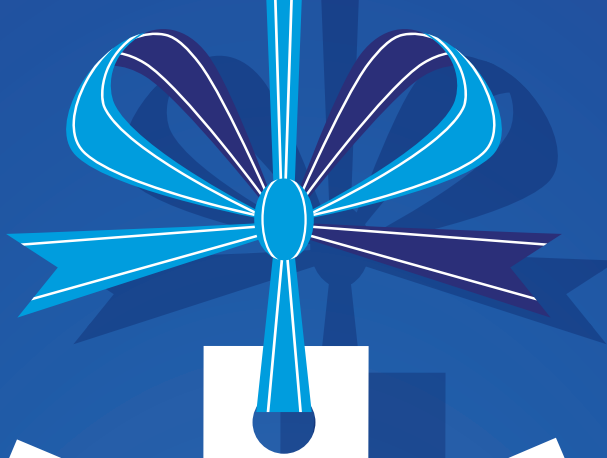
Wear a mask

Socially distance

Use single-use options

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#11

HOSTING A GATHERING

If you choose to host a gathering:

Consider an outdoor setting

Limit the number of guests

Clean and disinfect frequently

Use single-use plates
and utensils

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#12

SELF-CARE

Set aside time for
self-care.

Reflect on what you're grateful for.

Treat yourself.

Set healthy boundaries.

Do something you love.

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