



4 Steps for Managing Your Stress This Holiday Season

#1: Eat More Veggies

Why do it: Eating a diet rich in colorful vegetables is associated with less stress. Vegetables support a healthy immune system, reducing inflammation and oxidative stress. This will improve mental and physical well-being.

What success looks like: Filling ½ your plate with veggies at each meal, 3-5 fist-sized servings/day

Behavior Goals	Prompt	Reward
How will you get to desired outcome?	What will trigger your new action?	How will you engage in a small celebration after you succeed?
<ul style="list-style-type: none"> • Add an action item.... 	<ul style="list-style-type: none"> • After I _____, I will insert action item 	<ul style="list-style-type: none"> • Check the box OR create your own reward
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<input type="checkbox"/>

#2: Move Everyday

Why do it: Exercise improves mental health, helps with sleep, regulates blood sugar, increases muscle strength and endurance, aids weight management, improves brain function, and prevents chronic disease.

What success looks like: (Minimum)150 min/week=21min/day+2 days of strength training OR (Even Better)75min/week of high intensity=25min/3x or 40min/2x+2 days of strength training

Behavior Goals	Prompt	Reward
<ul style="list-style-type: none"> • 		<input type="checkbox"/>
<ul style="list-style-type: none"> • 		<input type="checkbox"/>

#3: Plan for Sleep

Why do it: There are many reasons why we need sleep: cellular restoration, brain function, emotional well-being, weight maintenance, insulin function, immunity, and heart health to name a few.

What success looks like: 7-9 hours/night of good quality sleep most nights of the week

Behavior Goals	Prompt	Reward
•		<input type="checkbox"/>
•		<input type="checkbox"/>

#4: Let Go of What You Can't Control

Why do it: We have a finite amount of energy. The things that we can't change drain us, but we do have control over how we respond. Focus your precious time and energy on the things you can control so you can make a greater impact where it matters most.

What success looks like: Add in a mindfulness/meditation break 1-3x/day and focus on your breath

Behavior Goals	Prompt	Reward
•		<input type="checkbox"/>
•		<input type="checkbox"/>

Outcome Goal Tracker

Outcome goals focus on the end result. Behavior goals are centered on the actions you will take to get there.

To manage your stress through the holidays and get a head start on 2024, start by writing your Outcome goals for 3 months from now. Remember begin with small actions and trust that change will build over time.

Outcome Goals (In 3 months)	Month 1	Month 2	Month 3
Eat More Veggies-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move Everyday-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan for Sleep-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let Go of What You Can't Control-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Next, go back up to #1-4 and design **behavior goals** that will get you to your outcome. Write those as action items.

Find a habit that you automatically do everyday. This is your **prompt** that will trigger the new action. Ex. After I brush my teeth in the evening, I will get in bed and read a book for 20-30minutes before I go to sleep.

Prompt=Brushing teeth | **Action**=Get in bed and read

Finally, remember to engage in a small **Reward** (ex. high five yourself, smile in the mirror, check the box) after successfully completing the new action.

Congratulations! You are well on your way to less stress and more joy!

JUST FOR YOU!

This month, I'm offering a **FREE 60-minute consult call** for the Osteostrong community. We'll work together to create a crystal clear vision of what optimal health would look like for you.

Use this QR code to redeem your FREE 60-minute coaching consultation:



Eat Move Excel | emilylinton.com | eat.move.excel@gmail.com | 406.214.1555