

11 November 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Tis the Season

The holiday season can be a time for indulging in some favorite foods and beverages while connecting with loved ones. Here are five ways you can keep your wellness intentions in focus while enjoying seasonal favorites:

- **Make your own treats.** When you make your own treats, you know exactly what the ingredients are and you may savor them longer.
- **Share treats.** After making your own, share with family, friends, or colleagues.
- **Stick to favorites.** If you focus on eating your favorite foods this time of year you may enjoy what you are eating and have a better balance of how much you eat.
- **Drink water.** If you want to save calories for special treats you may want to drink more water and less alcohol, juice, and soda.
- **Plan ahead.** If you are going to several celebrations in one day or over a series of days, be mindful of what you are eating from one to the next. For example, you may choose to have light snacks at one, dinner at another, and save dessert for your last stop.

