



Managing Financial Stress During the Holidays

If the holiday shopping season stresses you out, you're not alone. Research by financial services company Bankrate revealed that more than half (54%) of holiday shoppers expect to feel financially burdened this holiday season as they anticipate overall high costs.

While American consumers no longer face inflation levels like last year's holiday season, they are still concerned about costs. Bankrate estimates that 87% of holiday shoppers plan to use at least one money-saving strategy, such as:

- Buying fewer items
- Seeking out more coupons or sales
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Mindful Holiday Eating

The holiday season often means more parties and gatherings—and an abundance of festive food and drinks. However, practicing mindful holiday eating can help you savor the season without overdoing it. This healthy approach encourages focusing on preparing and consuming food in a distraction-free environment. Thinking about the food may make you more aware of your hunger and fullness cues. Mindful eating offers physical and mental health advantages, such as:

- Better body cue recognition
- Overeating prevention
- Healthier food choices
- Stress reduction
- Weight loss

Mindful eating doesn't mean avoiding eating your favorite holiday foods. It's simply about bringing more awareness and enjoyment to your food. Also, focus on the social aspect of gatherings and engaging in meaningful conversations. By practicing mindful holiday eating, you can enjoy the season and create lasting memories. Contact a dietitian