



# SMOOTH FLIGHT AHEAD!

Your wellness & safety checklist for the holidays

## Fasten your seatbelts & listen up!

1

### Getting rest

Sleep is key to a strong immune system; it improves memory, mood, and regulates appetite



2

### Eating healthy

Follow guidelines to eat five servings of fruits or vegetables every day



3

### Self-care

Moments of focused breathing, exercise, meditation, or reflection



4

### Check-ins

Check in with loved ones, and don't forget to schedule your annual physicals, or help loved ones get the care they need



5

### Take your time

Set realistic goals, enjoy planning, be kind to yourself as you struggle, resist the temptation to quit, always celebrate your small achievements

