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December 10, 2025

Holiday Promise

Do you feel like the first months of this school year have passed faster than ever? *I certainly do!*

When there are too many demands on our time, it can be easy to overlook our healthy habits.

But, you have two weeks ahead for a reset, where you can renew your focus on healthy behaviours and put well-being at the top of your holiday priority list!

Set a target, and challenge yourself. Uphold your promise to meet that target, if only for two weeks. And, as you make your lunch the evening before your January start date, reflect on how it felt to fulfill your promise.

Simply pick one area of focus, and possibly one or two behaviours per day that support that focus. Full disclosure: I conferred with ChatGPT for ideas on "Healthy Holiday Habits", and some of the ideas are below! Perhaps something jumps out at you, or gives you a new idea. Or, maybe you want to pursue something totally different. However you proceed, I encourage you to pick something meaningful, easy to remember, and simple to execute so you can be consistent throughout the break.

Winter Break Health Goals

1. Move Your Body (Even in the Cold)

- Aim for **20–30 minutes of movement most days** (walking, dancing in the living room, everything counts!)

- Do a **five-minute indoor mobility routine** each morning or evening, such as yoga, Pilates, strength, or stretching)
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2. Support Your Immune System

- Drink **water consistently** (set a daily minimum)
 - Plan an additional **one to two servings of fruit/vegetables** each day
 - Get **15 minutes of fresh air** daily
 - Maintain a **consistent sleep schedule** (even during the break)
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3. Balance Holiday Eating

- Follow the “**one balanced meal daily**” rule
 - Add **protein to every meal**
 - Stop eating at **80% full** once a day
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4. Reduce Stress and Recharge

- Engage in **10 minutes of breathing, meditation, or quiet rest** each day
 - Protect at least **one device-free hour** daily
 - Schedule **one activity purely for joy** each week
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5. Support Mental Health

- Journal **three sentences** of gratitude every day
 - Send a message to a friend/family member every other day
 - Spend time in **natural light each morning**
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6. Build Better Sleep

- Set a **consistent wake-up time** (within 30 minutes)
- Do a **wind-down routine**: stretch, dim lights, light reading only
- **No screen time** an hour before bed
- Limit caffeine after **2:00 p.m.**
- Get **morning daylight exposure** within the first hour you are awake

Make yourself a **Holiday Promise** of a targeted healthy behaviour, and reflect on how that feels. Share your experience on our social media platforms, or in an [email](#)!

May your winter break be both relaxing and enjoyable. We look forward to reconnecting in January, 2026!

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.