

DON’T OVERINDULGE - JUST BREATHE - COOK IN ADVANCE - DON’T POKE THE BEAR - EAT SLOWLY - HELP OUT
BE REALISTIC - SHOP EARLY - PACE YOURSELF - GET MOVING - AVOID POLITICS - KID’S TABLE - MINDFULLY EAT
PUT THE GAME ON - THINK YOUR DRINK - HAVE AN EXIT STRATEGY - LEFTOVERS - CRANBERRY SAUCE IN A CAN
PACE YOURSELF - TAKE A FEW SNAPSHOTs - GRATITUDE - BE KIND - NO PHONES AT TABLE - WALK OFF STRESS
GET SOME FRESH AIR - TRY A NEW DISH - PIE CONTEST - FESTIVE MUSIC - PLAN MENU - PLAY BOARD GAMES
KNOW YOUR TRIGGERS - TAKE BREAKS - THANK THE COOK - ENJOY - WEAR STRETCHY PANTS - STAY CALM
VOLUNTEER - SET BOUNDARIES - EXERCISE DAILY - GET SUPPORT - MAKE A PLAN - ASK FOR HELP - MEDITATION
GET OUTSIDE - KEEP KIDS BUSY DELEGATE - BUY COOL WHiP - PLAN AHEAD - BE YOURSELF - ORDER OUT
TAKE A NAP