Don’t over-bake it: Set your timer for preventive care

The holidays have a way of keeping the oven – and your schedule – full. Between baking marathons, family gatherings, and last-minute shopping runs, it’s easy to let your own health sit on the back burner. This season, set a timer for yourself, too: a quick checkup or preventive screening can help you stay healthy through the holidays and into the new year. Whether it’s a blood pressure check or a mental-health chat, these small steps ensure you feel your best for everything (and everyone) you’re juggling.

Screenings are often included with preventive care at no additional cost.
Go to BCBSND.me or scan the QR code to find care options, tools and support.

BND-25-1095250B • 11-25

Recipe for a Joyful holiday season

Well-being is about more than just numbers or workouts – it's about nurturing yourself in simple, meaningful ways every day. Just as baking a delicious treat requires the right balance of ingredients, creating your best holiday season calls for a thoughtful mix of joy, connection, and self-care. With that in mind, let's take a look at the essential ingredients for a joyful holiday season.

Joyful holiday season

Prep time: A few mindful minutes each day

Serves: You and everyone you care about

Ingredients

1 tsp. Preparedness: Mix together a manageable schedule and a realistic budget to set the foundation for a balanced holiday.

3/4 c. Flexibility: Add generous portions of time for activities that bring you happiness, and adjust the recipe as needed, remembering that true perfection includes caring for your wellbeing.

1 c. Activity: Stir in outdoor walks and breathing exercises to help recharge your energy during the busy season.

1 1/4 tsp. Connection: Blend in extra time with loved ones to keep spirits high, even when the days are short or temptations abound.

Combine these ingredients with kindness and patience for a holiday season that's nourishing for the soul!

ND