



Press Release
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Knox City Hospital District Shares Four Essential Tips for Health and Safety During the Holidays

Your well-being is critical to successfully enjoying the holiday season.

KNOX CITY, Texas (Dec. 15, 2023) – While the holiday season brings immense joy for many, the abundance of events and activities can also elevate stress levels. Regardless of your chosen celebrations this year, it is essential to prioritize safety and uphold healthy habits.

“Amidst the festive cheer, take intentional steps to ensure your physical and mental well-being,” says Stephen Kuehler, CEO of Knox County Hospital District (KCHD). “By keeping safety at the forefront and maintaining a commitment to healthy practices, you can fully savor the joyous moments of the season while minimizing stress and fostering a sense of overall well-being.”

To help Knox County residents better navigate the holidays, Kuehler shares some tips on managing stress, preventing accidents around your home, keeping diets top-of-mind, and maintaining your overall health.

Manage stress levels

To manage stress during the holidays, prioritize self-care by scheduling time for activities that bring joy and relaxation. Get enough sleep and set realistic expectations, understanding that perfection is not necessary.

Establishing boundaries, learning to say no, and communicating your needs to loved ones can significantly reduce stress and anxiety during this time of year.

One crucial way to prioritize your needs is to balance socializing with alone time. Moreover, focusing on creating meaningful moments rather than perfection will go a long way in creating memories that last a lifetime.

By embracing simplicity and connection, you can navigate the holiday season with less stress and more enjoyment.

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Prevent accidents around the home

To prevent accidents around the house during the holidays, it is essential to prioritize safety.

Start by securing decorations and lights properly to avoid tripping hazards. Keep walkways clear of clutter, especially in high-traffic areas. If using a Christmas tree, ensure it is stable in its stand and away from heat sources to prevent fire hazards.

Keep candles out of reach, and never leave them unattended. If you have small children or pets, be cautious with tiny ornaments or decorations that could pose a choking hazard.

Additionally, use extension cords and electrical outlets safely, avoiding overloading circuits. These simple precautions can help create a festive and safe environment for everyone during the holiday season.

Keep diets top-of-mind

The holidays are filled with get-togethers, parties, and delicious food. Trying to maintain a healthy diet requires mindful choices.

First, prioritize portion control by being mindful of serving sizes and savoring each bite. Opt for nutrient-dense foods like fruits, vegetables, and lean proteins to balance indulgent treats. Stay hydrated to support overall well-being and help control appetite.

Planning can also be beneficial; consider eating a nutritious meal before attending holiday gatherings to reduce the temptation to overindulge. Additionally, listen to your body's hunger and fullness cues, and don't deprive yourself entirely—allow for occasional treats in moderation.

Lastly, incorporating physical activity into your routine can help offset holiday indulgences and contribute to a positive mindset. You can enjoy the festivities while prioritizing your health by making conscious choices and maintaining a balanced approach.

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Essential vaccinations

Getting a flu shot during the holidays is a proactive and responsible step to safeguard your health and the well-being of those around you.

The holiday season often involves increased social interactions, gatherings, and travel, creating an environment conducive to the spread of respiratory infections. By getting vaccinated, you protect yourself from potential severe illness and contribute to the collective effort to mitigate the transmission of the flu and other respiratory illnesses.

Vaccinations become especially crucial during family gatherings where individuals of different ages and health statuses may be present. Vaccination is a gift of health and safety, providing an added layer of protection that can help ensure a joyous and worry-free holiday season for everyone.

“Spending time with friends and loved ones makes the holiday season so special,” Kuehler adds. “So, taking the time to prioritize your health and safety means you will be able to enjoy this time of year better.”

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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