



Kentucky Personnel Cabinet
Frankfort Employee Wellness Bulletin

Combat holiday stress with good nutrition

Meet your Employee Care Clinic staff on Dec. 8

As the bustle and stress of the holidays begin, it's easy to make poor nutritional choices that can actually increase our stress levels and lead to other problems. Below are seven tips for maintaining good nutrition and a healthy diet, even during busy, stressful times.

1. Start your day with a healthy breakfast
2. Opt for green tea instead of coffee, and try sparkling juice or mineral water instead of soda
3. Carry a healthy snack to counteract low blood sugar levels and fatigue throughout the day
4. Save money and eat healthier by bringing a lunch from home
5. Avoid drinking caffeine after 2pm, since it stays in your system and may interfere with sleep
6. Stock your home with healthy fare and remove as many unhealthy foods as you can
7. Adopt stress reducing techniques, like yoga and laughter

[Read the full article: How to Combat Stress with Good Nutrition.](#)

On December 8, the First Onsite Employee Care Clinic staff will offer additional information about managing stress at the following locations and times:

- Capital Plaza Tower 10 am to noon
- Cabinet for Health and Family Services Building 10 am to noon
- Capitol Annex 1 pm to 3 pm
- Transportation Building 1 pm to 3 pm

Don't forget, as part of a new pilot program, state employees can now visit any of the four Frankfort-based [First Onsite Employee Care Clinics for free!](#)

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