

weightwatchers



Greetings,

The holiday season has arrived, complete with office parties, get-togethers, shopping, traveling and more. So here's your first holiday issue of Quickbites highlighting lots of strategies to help you sail through the season.

Though December is often fun-filled, with celebrations, gift giving, and family time, it can also be hectic. In our first article, [A Mindful Approach to Holiday Stress](#), we give you simple ways to manage holiday anxiety so you can truly enjoy yourself.

If you find that your healthy eating and exercise routines usually come to a screeching halt right after Thanksgiving, be sure to check out [Have a Holiday Game Plan](#). By preparing yourself, and keeping a positive "can do" attitude, you are sure to enjoy the season and stay on track.

Next, we tackle office parties. You know, the ones with all the chips, dips, treats, and drinks. In [The Art of the Office Holiday Party](#), we'll give you some tips so you can make the most of your company celebration, without feeling any next-day "I overdid it" remorse.

And here's a sweet holiday indulgence you can enjoy without any guilt. These beautiful little [Chocolate Candy Cane Triangles](#) taste decadent and delicious, but contain a secret ingredient that makes them have only 3 SmartPoints per serving.

Happy Holidays and more to come!