

Health and Wellness Tips for the Holiday Season from Mountain Peaks Family Practice

OREM, UT, UNITED STATES, November 15, 2024 /EINPresswire.com/ -- Mountain Peaks Family Practice, located in Orem, Utah, is helping the community navigate the unique health challenges of the holiday season. From advice on managing stress and seasonal mood changes to immune health tips, Dr. Robert Durrans and his team offer guidance to support wellness during this busy time. With insights from Dr. Durrans and testimonials from dedicated patients, Mountain Peaks highlights the importance of staying mindful, balanced, and connected as the season unfolds.

“While the holidays bring joy and connection, it’s crucial to prioritize health to fully enjoy this special time of year,” states Dr. Durrans, owner and lead physician at Mountain Peaks Family Practice. “Simple steps—like mindful eating, stress management, and immune health—can make a significant difference.”

Supporting Mental Health and Managing Holiday Stress

Winter months and holiday obligations can impact mental health, leading to stress or even Seasonal Affective Disorder (SAD). Dr. Durrans advises prioritizing self-care and staying connected to reduce holiday-related stress. Patients consistently praise the compassionate care provided by Mountain Peaks. “I drive 45 minutes to stay with them as my primary care—it’s so worth it,” says Courtney J., who values the quick scheduling and supportive environment she experiences at the clinic.



For mental well-being during the holidays, Dr. Durrans suggests:

- Seeking Natural Light: Even brief exposure to sunlight can help stabilize mood.
- Practicing Relaxation: Mindfulness techniques like meditation or yoga help combat stress.
- Connecting with Loved Ones: Maintaining social bonds fosters emotional resilience during the winter season.



Prioritizing Immune Health for Seasonal Gatherings

As holiday gatherings bring people together, Mountain Peaks encourages proactive immune health to prevent illness. Dr. Durrans recommends vaccinations, balanced nutrition, and rest.

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*Dr. Robert Durrans, owner
and practitioner*

“Staying healthy during gatherings keeps everyone safer,” he adds. Long-time patient Jace C. reflects, “They provide that personal, small-town doctor experience. They remember my family and truly care about our health.”

For strong immunity, Mountain Peaks suggests:

- Getting Vaccinated: Flu shots and COVID-19 boosters offer essential protection.
- Eating Well: Nutrient-dense foods, hydration, and rest

support the immune system.

Finding Balance with Holiday Foods

To avoid holiday overindulgence, Mountain Peaks encourages a balanced approach to festive meals. Dr. Durrans advises enjoying treats in moderation to stay energized. Patient Branson B. appreciates the team's dedication to holistic care, sharing, “Lisa Hall is knowledgeable and caring. She always focuses on what's best for my health.”

For balance during holiday meals:

- Portion Control: Sample small amounts of festive foods.
- Prioritizing Nutrients: Start with vegetables and proteins to prevent overindulging.

Stress Management and Self-Care

Dr. Durrans reminds patients to set realistic expectations and make time for self-care. Patient William C. describes Mountain Peaks as “kind and helpful,” adding, “They make the experience as pleasant as possible.”

Mountain Peaks Family Practice is here to help patients stay healthy and mindful, so they can enjoy the holiday season to its fullest. To learn more or schedule an appointment, visit Mountain Peaks Family Practice’s website or call the office.

About Mountain Peaks Family Practice

Located in the heart of Utah Valley, Mountain Peaks Family Practice has become a cornerstone of community health by providing exceptional healthcare services for many years. From its modest beginnings, the practice has grown into a premier family healthcare provider, offering a comprehensive array of services tailored to meet the needs of individuals and families at all life stages.

Mountain Peaks Family Practice understands that excellent healthcare is built on a foundation of expertly trained and compassionate medical professionals. The team comprises dedicated medical professionals and support staff committed to delivering personalized care with professionalism and warmth. They pride themselves on creating an environment where patients feel valued and understood.

The services at Mountain Peaks Family Practice are designed to address a broad spectrum of medical needs, ensuring accessible and continuous care for the community. Whether it's preventive care, acute treatment, or chronic disease management, the goal is to offer solutions that promote long-term health and well-being.

Discover more about how the team is ready to serve you and your family by visiting <http://mountainpeaksfamilypractice.com>.

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