



## Tips for Managing Holiday Stress

It's that time of the year again. The holidays are among us. With all the hustle and bustle don't forget about your health. Controlling anxiety and stress can improve your mood, help keep your immune system strong and create an overall sense of well being.

1. **Listen to music**- Use all of your senses to help the body de-stress. Get in the spirit and play some holiday music when preparing for the season.
2. **Stretch**-Take time every few hours throughout the day and stretch. Stretching helps increase blood flow throughout your body and rejuvenates your mind.
3. **Watch what you eat**-Even though it may be hard, focusing on an anti-inflammatory diet most of the time during the holidays will help keep your energy level consistent and decrease anxiety levels. Diets rich in vegetables, low-sugar foods, omega3s, and lean proteins will do the trick.
4. **Exercise**-Exercise releases "feel good" hormones in your body called endorphins. Any exercise, even walking, in small intervals several times per day is good for your mind and spirit and will help ease anxiety.
5. **Sleep**-Seems simple but many of us don't get nearly enough sleep to maintain balance in our bodies. Shoot for 6-8hours of sleep between the hours of 10pm-6am. You will wake up feeling energized and ready to take on your day.

