



# Holiday



Twenty-one ways to enjoy the holidays and to help decrease or eliminate the stress that can occur from all the parties, food, shopping, finances, and other:

- 1- Hike your mood with sunlight
  - a. It stimulates the production of feel-good serotonin and helps relieve seasonal affective disorder (SAD)
- 2- Smell some citrus
  - a. Some citrus fragrances boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood
- 3- Walk away your worries
  - a. The rhythm and repetition of walking has a tranquilizing effect on your brain, and it decreases anxiety and improves sleep



- 4- Squeeze Here
  - a. The fleshy place between your index finger and thumb is called the *hoku* spot in traditional Chinese medicine. Applying firm pressure there for just 30 seconds can reduce stress and tension in your upper body
- 5- Do less and enjoy more
  - a. We tend to go overboard for the holidays.
  - b. Learn to say no to a couple of things and plan something for you
- 6- Prioritize your work/day
  - a. Stick to your normal routine- especially if you regularly work out!
- 7- Don't forget to laugh!
  - a. Laughter reduces stress hormones
- 8- Forget perfection
  - a. Stop obsessing over doing it all
  - b. Focus your energy on enjoying the people in your life

- 9- Take it out
  - a. Do family members get into holiday arguments around the dinner table?
  - b. Consider taking it out to a restaurant whereby loud voices are discouraged
- 10- Consider changing old customs
  - a. Some may trigger a sad memory or a loss and bring you down
  - b. Try creating new traditions
- 11- If you volunteer, be picky
  - a. Take on one or two tasks and delegate some tasks out
- 12- Solicit help personally
  - a. Mass e-mails requesting help often lead people to think you have enough help
  - b. Personally speak to individuals and ask for their help
- 13- Tech free?
  - a. Constant cell phone buzzes and alerts keep us in the fight-or-flight mode due to bursts of adrenaline
  - b. Turn your gadgets off during the holiday and enjoy time with family and friends
- 14- Spice it up!
  - a. Hot foods trigger the release of endorphins- the feeling of well-being
- 15- Take a dip into honey
  - a. Honey gives you a kick of energy
  - b. Research shows its antioxidant and antibacterial properties may improve your immunity
- 16- Breakfast before coffee
  - a. Caffeine on an empty stomach can cause blood sugar levels to spike
  - b. This can cause irritability and stress
- 17- Massage the muscles
  - a. Stress is typically held in the shoulder area
  - b. Seated massage is great for working out any knots
- 18- Turn up the tunes
  - a. Research shows music can relax the blood vessels and increase blood flow
- 19- Sweet relaxation
  - a. Hungry for something sweet?
  - b. Try a mango pie- research shows they may alter your blood chemistry and send a wave of calm over your body
- 20- Fit in exercise
  - a. Research shows exercise may boost your mood for up to 12 hours afterwards
- 21- Plan a vacation
  - a. Even being gone from work for 4-5 days can dramatically decrease your stress

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