

Keep calm...and holiday on!

December 2013 Newsletter



Here we are, right in the middle of holiday season. Are you feeling cool, calm and collected or stressed to the max?

If you're feeling relaxed and happy, good for you! For most people, however, stress is at an all-time high during the holidays. So if you're frazzled, you're not alone.

Make a decision to turn down the stress

Even though we're still in the midst of the holidays, you have control over what you do — and don't do — right now and for the next few weeks. It's not too late to make changes that may help you feel better.

So if you need a little mid-holiday tune-up, consider these ideas:

- **Holiday bills running high?** Cut back on spending...now. You may feel you're already committed to spending too much on parties, gifts and such. But it's not too late to re-examine your upcoming expenses and cut back where you can.
- **Putting on a little unwanted weight?** Partying and food are central themes for the holidays. If you can already feel your clothes getting tight, make a decision to control the "damage" you'll have to deal with in January. Consider helpful steps like these:
 - Eat a healthy snack before a party so you don't arrive starving.

- Go through a buffet line only once and then turn your back on it so you're not tempted.
- Be picky about what you eat. There are lots of yummy, high-calorie treats. But most hosts also serve plenty of veggies and fruit too. Choose wisely.

- **Feeling tired, cranky or depressed?** Many people find that their normal routines get interrupted during the holidays. If you don't get the sleep or exercise you're used to, it can have a big impact on your mood and energy.

Some people also feel blue because the holidays may not be "perfect." (Are they ever?) Or they may miss loved ones who aren't with them during this emotional time of the year.

The solution? Start taking better care of you right now. Try to get 6-8 hours of sleep every night. And get back into as much of your normal exercise routine as possible. Sleep and exercise — along with healthy eating — are major stress busters.

Remember to keep your work life, personal life and holiday life in good balance. You'll feel better physically, mentally and emotionally!