



# Dr. Jess' Top Ten Tips For Decreasing Stress During The Holidays

- #10 Carry a box of Christmas cards with a pen in the box and turn a five-minute wait into an opportunity to jot thoughtful notes to a loved one.
- #9 Go shopping once a week on your lunch hour or in the evening; then wrap a few gifts one night a week and store them at the home of friends or family.
- #8 Decide in advance which day Dad will take the kids shopping for Mom and vice versa, providing your children an opportunity to be part of the giving.
- #7 A restful, rejuvenating sleep can mean a stronger healthier immune system. Don't get sick during the holidays; give your body the rest it needs to stay healthy.
- #6 Plan ahead by having two or three extra gifts wrapped for the unexpected visitor. An easy solution is gift cards to Home Depot, Starbucks, Target, Barnes & Noble, etc. If they aren't needed you can use them yourself.
- #5 Avoid over-scheduling the family by using a master calendar to keep track of planned activities and be sure to check the calendar regularly before scheduling anything new.
- #4 Make relaxation an important part of every week by playing Christmas music, lighting holiday scented candles or playing Old Classic Christmas movies.
- #3 Be sure to make time for your regular exercise routine or make walking an important part of your day; increasing exercise will decrease stress and boost your immunity.
- #2 Just say NO – you can't be everything to everybody. It seems so wrong to say such a thing during this time of year, but you are only one person with one family and you can only be one place at one time. There comes a time when you need to be able to say no.
- #1 Most importantly, don't forget your regular Chiropractic adjustments and keep your whole family healthy for the holidays!