

5 WAYS TO REDUCE HOLIDAY STRESS

‘Tis the season

1. **Chiropractor:** There are three types of stressors that affect us: environmental, bodily, and emotional stressors. When a stressor is introduced, a fight or flight response is triggered via our sympathetic nervous system, to which the spine is central. This causes muscular tension, which leads to uneven pressure on the spine, misaligning it. Vertebral subluxations cause some of the symptoms we associate with stress. A benefit of chiropractic care is the alleviation of these symptoms. Stress relief results from a spinal alignment itself, as well as taking time to take care of yourself by visiting a chiropractor.

2. **Stay Healthy:** Daily schedules can be skewed when all the holiday activities start to flood our calendars. It's important to take the time to make sure that daily routines, particularly those that keep us healthy, are prioritized. Eat a healthy meal before going to a sugar and alcohol-fueled Christmas party. No matter how many errands are on the list, make sure there is time for a workout, as physical activity improves mood and increases energy. Don't skimp on sleep, it will set your day up for success.

3. **Budget:** Budget for both gifts and groceries throughout the holidays. A lot of holiday stress comes after the season when the bills arrive. Make sure that you aren't ringing in the new year with massive credit card debt. If your budget is tight, choose to make gifts for loved ones, or propose a family gift exchange where each person gives a gift to one person. Find value in the time together and the experiences shared.

4. **Organize your Life:** If a hectic schedule is the main source of your stress, schedule it out. Endless invitations can quickly cram the weeks leading up to the holidays, leaving little time for the daily routine. To-do lists are a great way to stay on top of everything that needs to be done, and consider asking for help when needed. It's also important to say no from time to time. If you say yes to every invitation and opportunity during the holidays, it can become overwhelming and unenjoyable.

5. **Relax and be realistic:** Take time for yourself when needed, even if it's fifteen minutes a day. Take some deep breaths, listen to music you like, and relax. Recognize that your loved ones aren't expecting perfection, and enjoy the time together.



**Take care of
yourself and
enjoy the
season!**



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