

# Dr. Tietsort's 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 Borders, Home Depot, Starbucks, Blockbuster, Target, 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!



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