

Take a Break.....for less stress this holiday season

<p>Take advantage of off-hours for banking and shopping.</p> 	<p>Lend an ear to someone who needs it.</p> 	<p>Save your energy - don't fight conditions you can't change.</p> 	<p>Spend time reading your favorite magazine.</p> 	<p>Draw names for gifts to reduce financial stress.</p> 
<p>Buy a plant and take care of it through the winter.</p> 	<p>Don't skip breakfast – it fuels your body to start the day right!</p> 	<p>Keep a journal as an outlet for emotion and frustration. It's a helpful way to make changes.</p> 	<p>Take a walk or ride and enjoy the scenery.</p> 	<p>Eat a healthy snack before a holiday party to curb your appetite.</p> 
<p>Don't rely on chemical aids (tobacco products or alcohol) for stress relief.</p> 	<p>Get up 15 minutes earlier. Allow extra time.</p> 	<p>Is there one item on the holiday menu that no one really loves? Leave it out this year!</p> 	<p>Take in a Holiday classic.</p> 	<p>Sit down and do nothing for 10 minutes.</p> 
<p>Have a campfire and make some S'mores.</p> 	<p>Bake something yummy for you or a favorite neighbor.</p> 	<p>Pick a deserving charity and make a small donation of your time, talent or financial resources.</p> 	<p>Bring a healthy side dish to your office holiday party.</p> 	<p>Call, text, email, or write an old friend just to let them know you are thinking of them.</p> 
<p>Replace a "tired" holiday treat with a new one – it does not HAVE to be homemade!</p> 	<p>Play a board game or cards with family or friends.</p> 	<p>Maintain a positive attitude when you feel stressed/too busy.</p> 	<p>Treat yourself to something you enjoyed as a child – perhaps a giant lollipop!</p> 	<p>Practice saying no to offers that do not interest you.</p> 
<p>Get a massage – you're worth it!</p> 	<p>Offer to babysit so a busy parent can run errands.</p> 	<p>Clean out the coat closet and donate items you no longer need.</p> 	<p>Do something every day that makes you laugh.</p> 	<p>Ease up on the caffeine.</p> 

Check off a snowflake as you complete 10 or more activities to Take a Break from holiday stress and focus on what is really important to you this holiday season.