

# 10 KEYS TO LESS STRESS

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Do you get stressed when the holiday season comes around? Here are 10 keys to help reduce your stress level during this busy time of year.

## 1 CREATE A TO-DO LIST.

Jot down all the tasks you have to do in order of their importance. This will help you take care of the most pressing items first. If worrying about these details keeps you awake at night, place some paper and a pen on your nightstand and scribble down any concerns that come to mind. Once you've placed your thoughts on paper, you should have an easier time returning to sleep.

## 2 LISTEN TO A HAPPY TUNE.

Pull out a favorite CD and enjoy some relaxing music. It can help calm you when things become overwhelming.

## 3 GET MOVING.

Physical activity helps relieve stress. Search for ways to increase your movement throughout the day. While shopping at the local mall, stroll around an extra time. Wherever you go, park your car farther away from the door to get yourself to walk a bit more.

## 4 TAKE A BUBBLE BATH.

Put on some music and head to the tub for a brief soak. Be sure to get out before your toes "prune" up, as this can open the skin to bacteria that may cause infections.

## 5 SURF THE WEB.

Running in and out of stores can be stressful. Many people do their holiday shopping on the Internet. You can, too.

## 6 CALL A BUDDY.

A chat with a good friend or family member can brighten your day.

## 7 SPEND TIME WITH THOSE YOU LOVE.

When things get hectic, connect with the ones you love. Take a walk, go for a bike ride or enjoy a romantic dinner.

## 8 DELEGATE.

If you feel overwhelmed, share your duties with others around you. Most people like to do something meaningful, so invite your loved ones to help you out.

## 9 SCHEDULE A BREAK.

Set aside some time each day to sit and relax with a cup of hot tea, decaf coffee or low-calorie hot chocolate. Sip and enjoy.

## 10 TAKE A SIP.

If your doctor approves, enjoy a daily glass of heart-healthy red wine. Just remember alcohol can cause blood glucose levels to drop rapidly, so be sure to eat something along with your drink to slow the alcohol's glucose-lowering effect. If you do not drink alcohol, enjoy a non-alcoholic beverage.

