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FOR IMMEDIATE RELEASE
Tips to Minimize Holiday Stress
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As the holiday season ramps up, so does the stress associated with shopping, wrapping presents, and cleaning house, while continuing to do everyday things. Below are some tips to minimize the stress of the holidays and help you relax and enjoy this time of year.

- **Plan ahead:** Holiday calendars fill up fast and inevitably you will find yourself having to choose one event over another. Plan on what you can attend either in person or virtually. If you are hosting a party, make sure to create a menu to help you stay organized.
- **Say no:** Do not feel like you need to attend every holiday event you are invited to; it's ok to say no.
- **Make a budget:** Spending money during the holiday season can be stressful, especially if you overspend. Stick to a pre-planned budget to help decrease your stress level.
- **Create relaxing surroundings:** Listening to music, lighting candles, or opening the windows on a nice day can boost feelings of well-being.
- **Maintain healthy habits:** Indulging in not so healthy foods and moving less can increase stress. Try doing a short workout first thing in the morning to keep your mind clear and help you to make healthier decisions throughout the day. Eat healthy snacks like fruits and vegetables before attending a dinner party or celebration with tempting unhealthy foods.
- **Be realistic:** Don't worry about getting everything perfect. Enjoy the company surrounding you.
- **Take a break:** Don't forget about your own needs. Self-care is important especially during this time of year. Read a book, take a nap, go for a walk, or watch a funny movie. Laughing relaxes the whole body and can relieve physical tension and stress.

Following these tips, can help you to relax and enjoy this magical time of year with family and friends.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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