

DECEMBER (!!!) 2nd, 2019

DO YOUR BEST TO HAVE A STRESS-FREE HOLIDAY SEASON!

FIRST OF ALL, LET'S GET REAL...HOW ABOUT "LOW-STRESS," RATHER THAN STRESS-FREE?! AIMING FOR "STRESS-FREE" MIGHT BE TOO MUCH OF A LONG SHOT! ANYWAY. JUST ABOUT ANYONE READING THIS IS VERY LIKELY WHAT WE WOULD CALL A "STRESS EATER." (WHY DOES THAT HAVE TO BE A "THING"?!?) DON'T LET THE "MOST WONDERFUL TIME OF THE YEAR" TURN INTO THE MOST ANNOYING TIME OF THE YEAR!

WE ALREADY KNOW THAT THIS MONTH IS GOING TO BE CHALLENGING. THIS IS FAR FROM OUR FIRST RODEO! *ANTICIPATING AND PLANNING* CAN GO A LONG WAY TOWARD ALLIEVIATING SOME OF THE MORE OBVIOUS SOURCES OF YOUR STRESS.

- **FIRST OF ALL...MAKE A BUDGET (AND FOLLOW IT!) REALIZE THAT THE HOLIDAYS TEND TO BRING OUT THE GENEROSITY IN ALL OF US, SO BE SURE AND GIVE YOURSELF SOME WIGGLE ROOM - WHILE OF COURSE REMEMBERING THAT IT'S IMPORTANT NOT TO GO OVERBOARD. ACCORDING TO A REPORT I JUST READ ON THE INTERNET (MUST BE 100% TRUE, THEN...) THE AVERAGE AMERICAN SPENT \$920 ON HOLIDAY GIFTS LAST YEAR. SOUNDS A LITTLE STEEP TO ME - ALSO SOUNDS LIKE I'M IN THE WRONG BUSINESS!**
- **FIND THE BEST TIME TO SHOP. I KNOW I JUST MADE FUN OF THE INTERNET, BUT HOW EASY IS IT TO SHOP ONLINE? IF YOU'RE LIKE ME, THOUGH, AND PREFER TO GO TO A BRICK AND MORTAR STORE, AT LEAST FIND THE BEST TIME TO SHOP. I WENT TO KOHLS EARLY SATURDAY MORNING AND PRACTICALLY HAD THE WHOLE PLACE TO MYSELF!**
- **BE KIND TO YOURSELF! PLAN YOUR ERRANDS SO YOU'RE NOT OVERWHELMED. DON'T FORGET TO SCHEDULE SOME DOWN TIME!**

TAKE CARE OF YOURSELF PHYSICALLY, AS WELL. FEELING HEALTHY AND WELL CAN HELP YOU MANAGE STRESS MORE EFFECTIVELY.

- **WE'RE ALL PROBABLY SPENDING MORE TIME INDOORS, WHICH CAN BE TRICKY IN ITSELF. FIRST OF ALL, SUNSHINE, WHICH IS CURRENTLY IN SHORT SUPPLY, TENDS TO MAKE OUR BRAIN A BIT HAPPIER. BE AWARE OF THIS, & WHEN THE SUN'S OUT, MAKE AN EFFORT TO GO OUTSIDE - OR AT LEAST PUT THE SHADES UP AND HANG OUT BY THE WINDOW!**

- **STAY HYDRATED. DRINK PLENTY OF WATER. I'M CONSTANTLY MOISTURIZING MY CUTICLES, BECAUSE DRY HANDS TEND TO CRACK – AND CRACKED SKIN LEADS TO SORE HANDS – WHICH CAN GET INFECTED AND NASTY...ALL OF WHICH MAKE ME CRABBIER THAN I NEED TO BE! HYDRATION NOURISHES THE BRAIN AND ITS PHYSICAL EFFECTS CAN IMPROVE YOUR OVERALL MOOD. WE CAN ALL USE THAT, AM I RIGHT?!**
- **PAMPER YOURSELF. I DON'T CARE IF IT'S NOT SANDAL SEASON - IF MY TOES LOOK GOOD, I JUST FEEL BETTER. FIND WHAT MAKES YOU FEEL LIKE YOU'RE TAKING CARE OF YOURSELF, AND INDULGE A BIT. IT MIGHT BE A HOT CUP OF HERBAL TEA AND A HALLMARK MOVIE, OR JUST A WARM BATH. WHY NOT USE THAT EYE MASK I GAVE YOU THIS SUMMER AND MEDITATE!**
- **INDULGE WITHOUT *OVER*-INDULGING! YES, TREAT YOURSELF – BUT KEEP IN MIND HOW REALLY TERRIBLE IT IS TO EAT TIL YOU'RE STUFFED. (THAT EVEN SOUNDS BAD!)**
- **SPEND TIME WITH LOVED ONES. SOMETIMES THE BEST GIFTS DON'T COST A THING! I DON'T KNOW ABOUT YOU, BUT I HAVE ENOUGH STUFF. I'LL TAKE AN EXPERIENCE OVER AN ITEM ANYTIME. DRIVE THROUGH ONE OF THE LOCAL CHRISTMAS LIGHT DISPLAYS OR GO TO THE DOLLAR SAVER MOVIES! (I THINK THEY'RE ON TUESDAY.)**

HAVE A HOLLY, JOLLY WEEK!

HOW DID YOU DO WITH “NO ICE CREAM?”

OUR “NO!” FOOD FOR THIS WEEK: NO SALTY SNACK FOODS!!!

