



# Top 10

## Ways to Stay Stress-Free

**Get plenty of endorphin-boosting exercise.** This can be as simple as a 20-minute walk or following along with a yoga DVD.

**Eat a healthy diet.** Make sure you get plenty of vegetables, fruits, whole grains, lean protein and water in your daily diet. Enjoy holiday treats, but go easy on them!

**Do something kind for someone.** Pick up groceries for an elderly neighbor, take on an extra chore for your spouse or volunteer for charity.

**Take some quiet time for yourself.** You can practice meditation, deep breathing or progressive relaxation techniques to calm your nerves.

**Find a new hobby.** Studies show that repetitive activities such as knitting, crafting and latch-hook have a calming effect.

**Reach out to a good friend and talk about what is going on in your life.** Sometimes it helps your stress level to get things off your chest.

**Spend quality time with your family.** You can watch a favorite holiday movie together or go on a tour of local holiday lights.

**Get at least eight hours of sleep.** Try not to drink caffeine late in the day and take time to unwind in the evening so you can go to bed with a calm mind.

**Take time to laugh.** Plan a fun activity, watch a comedy or read a funny book.

**Make a list of positive things in your life and practice gratitude every day.** Counting the good things in your life can put the stressful things into perspective.

