

Ten Ways to “Take 10” for Healthy Holidays

Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people and even too much fun. It can all add up to feeling exhausted, overwhelmed and completely stressed out. Fortunately, we can change our reactions to the pressures of the season and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to “de-stress” in the midst of the usual holiday commotion.

- 1. Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.
- 2. Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!
- 3. Take a nap:** A good night's sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.
- 4. Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can soothe tired muscles and release holiday tensions.
- 5. Take a call:** It does make a difference to “reach out and touch someone.” Connect with a special friend or family member for 10 minutes by phone or in person.
- 6. Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls and bring some sunshine into your life and the dog's life!
- 7. Take a child break:** Children have the right attitude toward holidays - wonder and joy. Just 10 minutes with a child can help revive anyone's sagging spirits.
- 8. Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put all your lists aside for 10 minutes and curl up with a book and a cup of tea.
- 9. Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich or a handful of nuts.
- 10. Take a music break:** Holiday songs, carols and hymns are a lovely way to take a break, to relax or even to dance. Try a 10-minute sing-a-long as a stress reliever.

