

Holiday stress

The hectic pace you may keep during the holiday season as you try to accomplish many things at once can make you feel stress, but there are several easy ways to relieve the tension.

The tasks you have to accomplish won't seem so insurmountable if you make a list each day of everything you have to do and then prioritize each item. If you can, save the day before the festivities to catch up on last minute tasks.

Some people consume a lot of caffeine, through coffee or tea, to keep them going when they have a lot to do. In excess, caffeine can make you feel under more stress than you were before. It can cause irritability, stomach upsets, insomnia and

You're better off to soothe yourself by

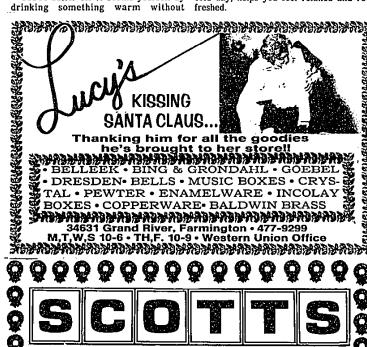
caffeine, such as herbal tea. Listening to soothing music and keeping lights low while you work also will help your body relax.

Tension is often expressed through in-somnia. Try to develop a regular sleeping scheudle even during irregular holiday activity, and adopt some type of ritual, such as reading or taking a bath before bed-time. Your body will adjust to these cues

and you may sleep with less difficulty.

Regular exercise during the day may also help you sleep better at night. However, strenuous exercise immediately before you go to bed invigorates, rather than relaxes, your body.

Twenty minutes of vigorous exercise, such as taking a brisk walk or jog on a cold day, helps you feel relaxed and re-



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