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I look forward to connecting with you!
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How to Stress Less and Enjoy More Around the Holidays

The holiday season is often referred to as the happiest time of the year; it's all about togetherness, giving and spreading joy. But the reality is that [stressful situations](#) also abound. Party schedules get overbooked, to-do lists are a mile long and the mood can sometimes turn sour.

Here are three ways to get a handle on the holidays to keep them as stress-free as possible.

1. **Forget perfection.** Too often the fun is lost in the hustle to buy the perfect gift or plan a flawless party. When it comes to gift giving, set a budget and shop early. If you're not sure what the recipient would like, just ask; then everyone wins. If you're planning a party, go potluck and have guests bring their favorite dishes or purchase a few pre-made options to serve alongside homemade treats.
2. **Avoid party plate perils.** Holiday gatherings are full of delicious eats, treats and drinks, which usually means sugar, fat and sodium contents are through the roof. Set aside time each morning for physical activity before the day gets busy. If you're a party guest, eat a healthy snack before you go. If you're the host, make an effort to include [healthier options](#) on the menu.
3. **Combat holiday blues.** It's okay and quite common to feel [anger, sadness or loneliness](#) during the holidays. Though it's difficult, feeling your feelings is the way to go, so don't aim to get rid of them. Instead, focus on what you can do. Spend time with people who care

Refer
a
friend



Contact
Us



Schedule
an
appointment



about you, schedule time to volunteer and, if the weather permits, get outside -- even if it's for a short, brisk walk.

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