

# Albany Acupuncture Health and Wellness Newsletter

## De-stress the Holidays

If you are the person who is in charge of holidays for others, then I'm writing to you. I notice many of my patients end up exhausted in December because they are in charge of everything, for everyone, and it's too much. I have some tips for stress-free holidays.

First decide what is important to you. Do you like your holidays to be fun or relaxing? Is it gathering with people you love? Do you prefer the music or decorations or food? Being out and about or staying home? Do you like to cook or make things?

Focus on what you like and simplify everything else. For instance, I love Christmas decorations and I have a lot, too many. This year I'm just going to focus on a Christmas tree and nothing else in my house. I will go out and look at beautifully decorated streets and houses and shops and enjoy what others have created. That will be fun and relaxing. I don't like to be out in traffic or big crowds so I will go out very early on the weekends to look at shop windows and walk through hotel lobbies in San Francisco. Then I'll go for a hike or head to the beach. When I go out at night to look at lights I wait until after traffic has settled down then I don't get frustrated being stuck in traffic. My guests can enjoy this with me too.

### **Stay Refreshed**

Plan a restorative activity for yourself. Get away from the chores and do something that you enjoy. Maybe going to the movies will do this; or taking a walk. Read a book. Meet a friend for coffee. What will be the most relaxing for you?

Take a moment at the end of your day to reflect on "what

went well"; this is a simple exercise to end your day on a positive note and set the tone for restful sleep. Also, this time of year, it is a good time to plan to get extra sleep, which gives you more energy to deal with stress. One of the best things to do is plan to get an acupuncture treatment as soon as you can after all the holiday activity subsides. And, schedule in some recuperative downtime. Get a massage. I use Massage for Moms to get me un-kinked and feel rejuvenated.

### **Healthy Eating, Healthy Body for 2016**

Join my 21-Day Purification Cleanse starting in January 2016. Start the year with a healthy eating plan and improve your energy, mood and digestion. Many of my past participants tell me how surprised they are that it is so easy to do the 21-Day Purification Cleanse. If you have a question about the cleanse, please contact me.

Dates:

Pre-cleanse information night: January 25 at 7:00pm at my office

Meetings: February 1, 8, 15, 22

In Health,

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