

Holiday Stress

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TIPS FOR MANAGING YOUR STRESS LEVELS SUCCESSFULLY Every single person on the planet Earth has experienced their own events that cause different types of stress. No one is immune to this intense feeling. But, when the holiday season pops up, so does the level of stress that many experience. If you have felt any of the following, it's probably safe to say that you are already dealing with some form of stress: * You are overly cranky * You find it difficult to get a good night's rest * You are on a weight roller-coaster * You find yourself more "on edge" * You feel as if the world is crashing down on top of you While many of these "symptoms" can be related to things other than stress, we will be addressing them here as if they are created by stress specifically and explain some things you can do to elevate some of it throughout the holiday gatherings, shopping sprees, and other unplanned surprises that are yet to come your way!

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