

# ON THE Camelback CORRIDOR NEWS

News & Information Exclusive to Camelback Road's Business, Residential, Culinary & Retail Communities

## GUEST CONTRIBUTION

### Surviving Holiday Stress

The holiday season is a time for celebration and time-honored traditions with family and friends. It is also a time of year that can generate unwanted stress and an over indulgence of food and drink negatively affecting physical and emotional health.

Proactive steps and smarter dietary choices can help manage higher levels of stress and protect your health and well-being. This article is a quick look at the impact stress can have on our health and a few helpful suggestions for surviving the holiday stress.

Studies indicate that Americans tend to get less sleep, consume more calories, and suffer from more stress-related syndromes during the holidays. Chronic stress is implicated in many well-respected studies linking it to cardiovascular disease, rheumatoid arthritis, irritable bowel syndrome, depression, anxiety, sleeping disorders and can influence Cancer and upper respiratory disorders. This year prioritize health at the top of the holiday to-do list and consider the following suggestions for surviving holiday stress.

- **What Stress?** — It has been suggested that the first step in dealing with holiday stress is to identify those “stressors” that be overwhelming. Make a list, check it twice and decide how you can plan a better outcome. The conscious act of recognizing holiday stressors is a smart and proactive step to help protect your health.

They say the definition of insanity is making the same mistakes over and over again. So identify what has you so “stressed out” and decide to do things differently this year!

- **Schedule Exercise** — The craziness that comes with the holidays often interrupts our normal schedule and cuts into our exercise time.

When you make your “to do” list, schedule at least 20-30 minutes for a morning power walk or bike ride. Yoga, Tai Chi, meditation and deep breathing techniques are all powerful tools for battling chronic stress.

Scheduled daily exercise during the holidays can help alleviate stress, strengthen your immune system and even help you forget about the 20 people you have coming over for Thanksgiving.

- **Watch the Blood Sugar Level** — The over indulgence of rich foods, deserts, and alcohol will elevate your blood sugar, pack on the holiday pounds and can affect your mood and energy level. Eating smaller balanced meals of protein, carbohydrates and healthy fat, every few hours has a positive effect on how your body produces those unique hormones that can keep you calm and relaxed.

Don't attend holiday parties on an empty stomach! If you plan to have alcohol, eat a small protein snack before you drink. Plan your limit and drink 8-ounces of water before and between drinks.

- **Keep it Simple** — If you are already feeling the dread of the holidays, avoid the overwhelming schedule of doing too much, and consider the benefits of simplifying your holiday season. Don't take on added responsibilities that may interfere with your routine schedule – as this is a common source of stress.

If exchanging gifts is a big tradition for your family and yet a potential source of stress, downsize this year, limit the number of gifts and keep the focus on quality, not quantity.

- **Don't Sweat The Little Things** — From time to time we all make the mistake of taking the important things for granted and allow “the



By DR. XANTHOS, D.C., C.C.N.

little things” to become a distracting source of stress.

Take a few minutes each morning to plan your day and think about those things that make your life great, take time to express gratitude, and as someone wise once said, “don't sweat the little things, as they are all little things.”

If stress is impacting your health, schedule a consultation with a qualified health care provider and discuss personalized nutritional programs and quality supplementation to support your metabolism and boost your immune system.

I would like to wish you and your family a safe and healthy holiday season!

---

*Dr. Robert Xanthos is Board Certified Clinical Nutritionist and Director of The Wellness Center at Spine In Motion 5112 N. 40th Street, Suite 101, (602) 264-4040 For more information about Nutritional Consulting services visit [www.spineinmotion.net](http://www.spineinmotion.net).*