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The holidays can be a stressful time. Here are some tips for dealing with holiday stress:

- Go for a walk- Try to walk 20 minutes each day
- Set a budget- Overspending is one of the biggest causes of holiday stress
- Get some sunshine- Sunshine and fresh air can often help mood during the shorter days
- Stick with your daily routine-Try to maintain a regular schedule. Your body likes routine
- Get a good night's sleep- 8 hours a night is suggested
- Don't over schedule- Manage your time wisely
- Don't sweat the small stuff - Let go of the idea of a perfect holiday season

Mostly remember that the best gift you can give anyone is your time and attention!

For more information on holiday stress management, go to: www.bluemountain.com.

Did you know?

The Salvation Army stands ready to help families in need through the holiday season. Here are some of their programs:

- Angel Tree Program
- Grocery and Food Assistance
- Bill-Pay Assistance
- Holiday Events

To receive assistance from the Salvation Army or to donate/volunteer, visit the website at www.salvationarmy.org or visit your local Salvation Army center.