

Mayo Clinic Minute

3 tips to reduce holiday stress

Video	Audio
	It may be the most wonderful time of the year, but the holiday season can also be the most stressful time of the year.
	Dr. Beth Rush, a Mayo Clinic neuropsychologist, has a few tips that could help.
00:03:10 DR. BETH RUSH:	“One of the most important things to do is to slow down.”
	The fast pace of the holiday season can be exhausting, so slowing down and taking a breath can make things easier.
	Another big source of stress is getting gifts for everyone.
	Not only can the hit on our wallets cause stress, but finding the right gift for everyone on our list can be stressful.
00:10:49 Beth Rush, Ph.D. Psychiatry and Psychology Mayo Clinic	“We tend to always think of having that wrapped item with ribbon and paper that somebody magically opens, but sometimes the more meaningful gifts are the things that we give from the heart that are actually behavioral, that are actions and that are activities we can do with someone that we care about.”
	And don't forget to take time to recharge.
00:11:36 DR. BETH RUSH:	“You can go to the gym. You can take a walk. You can meditate. You can do some yoga. But sometimes it's as simple as sitting down with your dog or your cat, and just cuddling.”
	For the Mayo Clinic News Network, I'm Ian Roth.