

# Uncle John's Less Stress Holiday Recipe

**1 cup \* One thing at a time.** This is the simplest and best way to start reducing holiday stress, and you can start today. Right now. Focus as much as possible on doing only one thing at a time.

**1 3/4 cup \* Be early.** It's hard to be early when you have many holiday commitments, but being late can be very stressful. Try to leave earlier by getting ready earlier, or by scheduling more space between events. During the holidays things always take longer than normal, so schedule some buffer time: extra time to get ready, to commute, to shop, and to cook.

**3/4 cup \* Get moving.** Do something each day to be active — walk, hike, play a sport, go for a run, do yoga. It doesn't have to be grueling to reduce stress. Just move. Have fun doing it.

**4.tbls \* Do something calming.** What do you enjoy that calms you down? Reading a book? Meditating? Having a cup of tea? Find your calming activity and try to do it each day. If possible stay away from TV as your calming time since it actually places the body under stress.

**1/2 tsp \* Have a blast!** Have fun each day, even if it's just for a few minutes. Whatever you choose, be sure to laugh. A little laughter every day helps make things less overwhelming and also releases calming chemicals into your body.

**1/2 cup \* Simplify your schedule.** A hectic holiday schedule is a major cause of high stress. Simplify by reducing the number of commitments in your life to just the essential ones. Learn to say no to the rest.

**1 tbls \* Eat and drink sensibly, and get plenty of exercise and sleep** For most people, the holidays go hand in hand with too much fat, sugar, caffeine, and alcohol, and not nearly enough sleep and exercise. One of the easiest and most straightforward ways to combat holiday stress is to pay better attention to your body's need for healthy food, exercise, and sleep during this intense time of year.

Mix all the ingredients together in a large bowl making adjustments as needed for your own personal sanity.



Bake at 375 degrees until recipe is done to your satisfaction.

Store in a safe place where you will always have access to your less stress plan. Share your intentions of a less stressful holiday with friends

and family and encourage them to bake up the own batch. All measurements are simply suggestions and use more or less as needed to have the best holiday ever!

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