

Acu News

"The journey is the reward"- Chinese Proverb

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7 Tips to be Stress-Free During the Holidays

- 1 Keep a routine**
It is especially easy to lose your normal routine during the holidays due to festivities and the special occasions that tend to happen this time of year. Don't abandon your healthy habits, keep your usual routine of diet and exercise, which is especially important when holiday foods and drinks come around. Try keeping a calendar to keep better track of your schedule.



- 2 Prioritize**
It is easy to take on too much during this time of year. On top of your normal schedule, there is the obligation to see family, attend gatherings and gift-giving. You can only do so much! Prioritize and don't be afraid to say no if you simply don't have enough time to commit to something. The holiday season is busy and overwhelming, but it doesn't have to be.

- 3 Watch the wallet**
There is nothing that will stress you out more in the long run than spending too much money during the holidays. Make a budget and stick with it. It is incredibly easy to overspend during this time. Budget and allow yourself to spend a certain amount for the entire season, you'll thank yourself after the holidays are over.

- 4 Make time for yourself**
Although it is the season for giving, make sure to make time for yourself too. It can be stressful and overwhelming when you try to constantly please others. It is ok to say no to events that you may feel obligated to go to. One of the most important ways to stay stress-free this season is to give yourself time to relax. Do yoga, read or any other activity you like to do to relax.

- 5 Try acupuncture**
There is no better time than now to try acupuncture. If you are feeling under the weather, stressed and not at your best health, acupuncture can help. Acupuncture can help lower stress levels, boost your immune system and leave you feeling relaxed. Give it a shot!

- 6 Give Back**
Volunteer at your local food bank or donate to a clothing drive. Giving back to the community is always important, but especially during the holidays. Spending time helping out doesn't just help others, but can benefit you as well.

- 7 Don't sweat the small things**
Holidays are meant for family, friends and for celebration. Don't sweat the small stuff. This is a time to relax and be thankful for the people in your life. Material objects come and go, but relationships will be there and are the most important thing of all. Put your job and your stress on the backburner for a bit and enjoy the people who mean the most around you.

Holiday Healthy Snack Recipe

Eggplant Ricotta Bites

Ingredients:

1 medium eggplant
Kosher salt
flour
2 large eggs
 $\frac{3}{4}$ cups breadcrumbs
 $\frac{1}{4}$ cup grated parmesan cheese
1 tablespoon + 2 teaspoons extra-virgin olive oil
2 large plum tomatoes diced
2 teaspoons red wine vinegar
1 cup ricotta cheese
Shredded fresh basil

Slice the eggplant into thin rounds and add salt. In a small dish, pour flour. Beat eggs in another dish, and in a third dish, mix the breadcrumbs and parmesan. Put eggplant rounds in flour, dip in eggs and then coat with breadcrumbs and parmesan.

Heat oil over a large pan on medium heat. Cook eggplant until golden.

Mix tomatoes with 2 teaspoons of olive oil and vinegar. Add ricotta to each eggplant round, top with tomatoes and basil.



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