

On Health

News from the Carolinas and beyond.

Tuesday, November 22, 2011

[Turkey Day Advice](#)

While we're at it, Rick Petitt of Carolina CPR Professionals in Concord offers these tips to manage stress:

Slow down: Take one minute to breathe deeply, take five and call a friend, take 15 and walk around the block.

Be aware of your actions: Alternate alcoholic beverages with water, eat a vegetable serving for each dessert you plan to consume, go to bed early the night before a celebration.

Avoid your stressors: Let someone else drive, shop online to dodge crowds, make lists so you feel in control.

“During the holidays, people overeat, drink more alcohol, and exercise less,” Petitt says. “When you add in financial pressure, travel, sleep disruptions, and family expectations you end up with much higher stress levels than usual. Since you can’t stop the holidays you can fight the stress.”

Posted by Karen Garloch