



Dynamic Health Center, Inc

10 Holiday Stress Busters for Dynamic Health!

1. Buy gifts only for those who cannot give back.
2. Spend more time on relationships than objects this year.
3. Focus on people less fortunate than you and do something to help the community.
4. Send a Christmas card with a handwritten personalized note to your family and friends instead of emails/ texts. Call up your dear ones and thank them personally.
5. Avoid competing with your family or friends for anything. Focus on being a blessing instead.
6. Try to keep your schedule uncluttered and free of unnecessary and meaningless parties and engagements.
7. Spend quality time with friends and family.
8. Make a home cooked meal or potluck instead of eating out.
9. Reconcile and reconnect with people you have avoided for a long time.
10. Above all, remember to focus on the reason for the season, the greatest gift of all, the gift of God's love!!