



TIP OF THE MONTH

Be Stress-Free This Holiday Season

Don't let yourself get overwhelmed this holiday season. This year, find ways to enjoy yourself and get rid of the stress that's keeping you up at night. Reducing holiday stress is the key to enjoying the holidays – so what are you waiting for? Let's dive right in!

Plan and Prioritize

Sit down with your family and create a list of ideas on how you would like to spend the holidays. Decide which ideas would be the most stressful in terms of cost, time, and energy, and cross those off your list. Choose the things that you enjoy and can accomplish realistically.

Simplify

Here are some tips to simplify your holiday challenges:

- Plan to finish all your gift shopping well in advance of the holidays.
- Cut back on the baking. Do not take it upon yourself to produce ten different types of desserts. If you are looking for variety, try organizing a cookie exchange with your family and friends, or find a local baker.
- Take care of several errands in one trip, rather than making multiples. Using an online grocery app can help keep you organized.
- Consider drawing names rather than exchanging gifts with all your family members and friends.
- Limit the number of social events you host or attend.
- Delegate tasks to family members. Do not feel that you must be responsible for everything.

Take Care of Your Health

You will be at your best and more resistant to stress if you take good care of your health. Here are some suggestions:

- [Get plenty of sleep each night.](#)
- [Exercise regularly.](#)
- Take time to unwind. Take a hot bath or find a quiet place to enjoy some time alone each day. A few minutes can make a big difference.
- Do not suffer through the pain. Waiting to take care of an injury or pain can affect your ability to get a good night's sleep, enjoy holiday activities, and if left untreated, can lead to consequences down the road. It's okay to make yourself a priority, even during the busiest of times.

Don't Forget the Reason for the Season!

Enjoy the uniqueness of each person in your life and enjoy the time you can spend just being together. Seek out the simple joys of the holiday season with your friends and family. Taking a walk around the neighborhood to look at holiday decorations, singing carols, and playing games, are easy and healthy ways to enjoy the holidays.

We wish you and your family a healthy and happy holiday season. Should you or a family member need physical therapy, we are here for you!



ADD SOME HOLIDAY FUN TO YOUR EXERCISE ROUTINE!



Featured Article:

[Add Some Holiday Fun to Your Exercise Routine](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“There is nothing in the world so irresistibly contagious as laughter and good humor”

— Charles Dickens

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Gingerbread for Building!

This gingerbread recipe is delicious AND sturdy enough for your homemade gingerbread builds.

Get your patterns ready it's time to bake! Discover the full recipe at

<https://bit.ly/GingerBuild21>



INGREDIENTS:

- 6 cups all-purpose flour
- 1/2 tsp baking powder
- 4 tsp ground ginger
- 4 tsp ground cinnamon
- 1/2 tsp allspice
- 1/2 tsp salt
- 3/4 cup butter softened
- 1 1/2 cups light brown sugar
- 2 large eggs
- 1 cup dark molasses
- 1 T water
- Parchment paper

DIRECTIONS:

1. Whisk your dry ingredients together in a bowl (flour, baking powder, ginger, cinnamon, allspice, and salt)
2. Using your mixer, mix together your wet ingredients in a separate bowl (butter, sugar, egg, and molasses)
3. Gradually add the dry ingredients until well blended
4. Knead the dough by hand on a lightly dusted surface until the dough is smooth. Split into 2 parts, wrap, & refrigerate overnight
5. Preheat oven to 350°. With patterns in hand, roll the dough to a quarter-inch thickness. Use flour to keep from sticking.
6. Cut out your patterns and bake on a parchment-covered sheet. 13 minutes for large pieces and 8 minutes for small
7. Trim your pieces while the bread is still warm
8. Once completely cooled, it's time to prepare your royal icing and build!