



TIP OF THE MONTH

Lower Your Stress Levels This Holiday Season

Don't let yourself get overwhelmed with to-do lists. This year, find ways to enjoy yourself and get rid of the stress that's keeping you up at night with our quick tips! Reducing holiday stress is the key to enjoying the holidays – so what are you waiting for?

Clarify Your Values and Manage Expectations

It's the most wonderful time of the year, because you work hard to make sure that it is. Take a few minutes to think about what your main goals for the season are. Is gift-giving your love language? Time together? Acts of Service? Plan your season around the events that hold the most meaning for you.

Simplify Your To-Do List

That's easier said than done, right? We've put together 6 Ways to realistically [Simplify Your Holiday To-Do List](#) this year, plus we have an [Elf Injury Medical Release Note](#) that will give you a much-deserved night off.

Prioritize Your Health

It can be tempting to put health-related issues on the back burner. If you're experiencing physical pain or weakness – ask us for help. [Pain and stress levels correlate](#) more than you might think. Also, keep doing those home exercise programs. We'll know... not like Santa knows, but we can tell when patients don't do them.

We want you to have the best holiday season. No matter your schedule or obligations, take time out to take care of yourself. Even if it's just for 5 minutes a day – you are worth it.



**AVOID
BACK PAIN
WITH THESE
8 LIFTING
SAFETY TIPS**



Featured Article:

[Avoid Back Pain with These 8 Back Safety Tips](#)

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



"May your walls know joy, may every room hold laughter, and every window open to great possibility."

— Mary Anne Radmacher

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, eggs, 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!