

[10 Ways to Naturally Reduce Stress this Holiday Season](#)

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Lauren Feder,
M.D.

The holidays are often synonymous with family and friends, parties, great food, and winter activities. Sounds fun, right? Too often though the fun is overtaken by the busyness of the season which causes stress. Not only is stress itself unpleasant, but it can lower the body's resistance and cause vulnerability to getting sick as the body and mind are intricately related.

Want to know how to be able to enjoy the celebrations of the season in a stress-less fashion? The key is to take care of yourself. When you're mentally and physically prepared for the craziness of the holidays, your immune system will have a better chance of staying strong to fight off unwanted illness.

Here are 10 tips for naturally reducing stress this holiday season:

1. Rest. In between work and other obligations, it's important to rest. Even a short cat nap can be helpful.
2. Avoid becoming chilled by wearing an extra thin layer of clothing.
3. Bring out the hot water bottle. The warmth is soothing and calming during the winter.
4. If you or your child is ill, stay at home.
5. Avoid overeating.
6. Minimize junk food as refined sugar compromises the immune system.
7. Reduce caffeine, and drink chamomile tea which promotes relaxation and reduces stress in the body.
8. Exercise: We often get busy during the holidays and forget to exercise. This time of year it is especially important as it helps stimulate the immune system to stay strong.
9. Stop and breathe. When we are stressed out, our breathing becomes quick and shallow. Making efforts to breathe slowly, slows down the pace.
10. Here are my favorite natural remedies for both adults and children during the holiday season. An added bonus: they all come without side-effects!

Nux vomica is a wonderful homeopathic medicine for the effects of overeating, drinking and doing 'too much.' Nux is also good for constipation, and can be used for children and adults. I recommend 3 tablets under the tongue, use as needed.

Rescue Remedy– it's a great stress reducer. Place 1-2 drops in a beverage and sip as needed
 Calms FortZ (Hyland's) eases stress, tension and sleeplessness without leaving that "groggy" feeling.
 Sedalia (Boiron) is for temporary relief of nervousness, hypersensitivity and irritability due to stress.

It is inevitable that the holidays will be full of busyness and stress. But remember to take it easy and take pleasure in this special time of year. Use the tips listed above to reduce your stress level to make the 2010 holiday season more enjoyable for you and your family.

About Dr. Feder: Lauren Feder, MD, is a nationally recognized physician who specializes in homeopathic medicine. Affiliated with the National Center for Homeopathy, Holistic Pediatric Association, and La Leche League, she is a frequent lecturer for parents and professionals and has been seen nationally on various health-oriented television programs including most recently Oprah and Friends interviewed by Dr. Mehmet Oz. In addition to her books, Natural Baby and Childcare and The Parents' Concise Guide to Childhood Vaccinations, she has written for Homeopathy Today and Mothering Magazine and has been featured in the Los Angeles Times, Alternative Medicine Digest, DiscoveryHealth.com, Parenting Magazine, and many other publications and websites.

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