



This Week: Being Healthy *is* Personal Preparedness

Well, it's that time of year once again. Christmas is approaching and we are all running around both physically and mentally making sure we have everything taken care of for the holidays. Even though the madness of Black Friday has come and gone for this year, the madness is far from over! When it comes to the determination of crossing off those holiday needs on their shopping list, shoppers can be quiet vicious, to say the least. It's so easy to slip right into the madness of the holiday season as it has become today. How are *you* holding up so far?

While you're thinking of *your* needs, is your health one of them? I'm guessing not. Some of the best preparations we can make for ourselves and our family are personal preparedness ones; keeping ourselves both physically and mentally healthy for what ever comes our way. Let's face it; life can be tough enough without emergencies, right? What if we make this holiday season about reconnecting with family and friends? About making memories instead of higher credit card bills? About helping someone in need instead of trying to impress with gifts they may not truly need? Stop and think for a moment what you go through for the sake of the "holiday season". Will it be remembered as a fond memory? Will the person you give that "have-to-have-gift" that you searched and splurged for remember where it came from six months from now?

This season, in between getting the most important things done, do something fun and relaxing. Maybe watch those old movies you've been wanting to watch while curled up in comfy clothes, blanket and sipping a hot cup of cocoa. Maybe you need to reconnect with family or an old friend. If you are really up for the challenge, maybe play some Wii games with your family. It's a lot of fun and quiet the stress reliever.

Changing the way we react to the holiday season doesn't necessarily happen overnight, but with one small change at a time. So, after you have completed all your holiday preparations, plan a relaxing activity to release any tension and/or stress you may have suppressed on this "the most wonderful time of the year." Now, if you'll excuse me, I'm off to challenge my daughter in another session of "Just Dance 3".