



Liberty Services
of America, Inc.
P.O. Box 26003
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Christmas 2018

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."



Sharon and Skip's Corner



*" 'Twas the night before Christmas, when all through the house,
not a creature was stirring, not even a mouse." —Clement Clarke Moore*

The Christmas season can be a hectic one. Cleaning, decorating, shopping, baking, meal planning... There are soooo many things that need to be done! To keep from becoming too overwhelmed, try to take a few moments each day to "breathe" and enjoy the season along with the company of friends and family. Some experts feel that the following 5 tips might help you deal with the stress and anxiety that the holidays can bring:

- Set a spending budget: Plan ahead, review your financial situation, come up with a realistic plan for purchasing gifts and stick to the budget!
- Get plenty of exercise: This can help you maintain a calm mental state through the holidays. Aim for at least 30 minutes of physical activity a minimum of 3 times a week.
- Keep it simple: Everything doesn't need to be perfect. Know your limits and learn when to say "no."
- Take time for yourself: Even as much as 15 minutes alone can help cope with stress. Try to incorporate activities into your day that you enjoy. Reading, going for a walk, listening to music, or getting a massage can give you a needed break from your to-do list.
- Choose your battles: Set aside your differences. Sometimes being in close quarters with certain family members for an extended period of time can be stressful. Personalities don't always mesh. Agree to disagree, and don't let the actions of others take away your joy.

From all of us at Liberty Services, we wish you a very Merry Christmas and a happy and prosperous 2019!

\$250 Discount

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email me at sharon@liberty-services.com

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