

Battling Holiday Stress – Q&A

- **Q: What do I do if I don't want to burden anyone by talking about my holiday stress?**
- A: I have heard from more than 1 person that when others have shared their deep feelings and thoughts with them, they don't feel burdened, but instead they feel the relationship with that person grow. I've also heard that it was received well because the person listening was later given permission to share as well. And finally on this topic, you can start journaling your feelings or start visiting a therapist to help get you through a difficult couple of months. Others have found both of these to be beneficial.

- **Q: Where can I find the garden activity that you did today?**
- A: The garden activity is one example of many guided imagery scripts that you can get online for free. Just search your favorite search engine for guided imagery script. Or you can email me and I'll send you the specific one I used today.

- **Q: Earlier you talked about one stress-busting tip is to eat balanced meals. What does a balanced meal look like?**
- A: So you want to start with a 9 inch plate, then fill half of it with fruits and/or vegetables. Then a quarter should be a lean protein and a quarter whole grain or healthy carbohydrate. The finally a small portion of low or no-fat dairy. These are the recommendations from the new food guidance system called MyPlate, which you can read about in more detail at choosemyplate.gov.