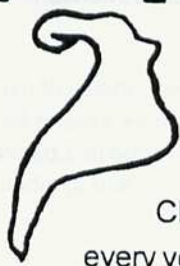


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Chiropractic Association

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A Publication



Don't Blow Your Top!

Survive the Holidays with Style

As the holiday season quickly approaches, you may be planning a large family gathering, traveling out of town, buying gifts for family and friends. What ever your plans are, even if you LOVE the holidays, you'll be under STRESS. Decisions about food, family issues, or what parties to attend sound harmless, but for some people, it's too much to handle.

Here are a few tips, strategies, and tricks to help you have a happy, healthy, AND FUN holiday season.

Food, Food, and MORE Food

One of the most daunting challenges is the holiday food factor. Not only is holiday food rich, tempting, and sugary - you may feel guilty eating it OR NOT eating it. If Aunt Myrtle makes her SPECIAL Double-Death-By-

Chocolate Gut Bomb Cake every year, you and your family may feel an obligation to eat it no matter what. It's tough, but if you're trying to maintain your weight, you are allowed to refuse it. You could

say something like, "I adore your cake, Aunt Myrtle! It's so kind of you to make it every year. It's difficult, but I'm going to pass this year. Would you like some coffee now?" The compliment, refusal, and diversion (CRD) tactic may assist you in getting through those tough food challenges. Another option is just trying a small portion. This may take more will power for some people not to KEEP sampling, but it can be a helpful strategy. Don't try to lose weight during the holidays, START NOW by eating healthy foods, drinking lots of water, and stepping up your activity level. That way, when the holidays hit, you'll be in a little better shape and may

have lost some of your cravings for certain foods. Never go to a party hungry – eat something nutritious before you go and sample just a little of the party fare.

Fun With The Family

This may be the only time of year you see certain family members. That can be a good thing or a bad thing, depending on the status of the relationship. The holidays are not the

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best time to try and resolve old family issues – or create new ones. Try to keep things light and fun – listen a little more – put aside your gripes. Try CRD again. If a touchy issue surfaces, you could respond with, "You've been so brave dealing with Aunt Myrtle. Let's talk about this at another time. How are the piano lessons going?"

Searching for the PERFECT Holiday

Family and friends change, grow, and decrease over the years. Rituals and traditions, such as a favorite food or gathering at a particular person's house, are often an important anchor for families. Remember, though, that some activities may not be possible anymore. Stay flexible and create some NEW traditions if necessary. Don't set your expectations too high. The perfect holiday portrayed in books and movies is not reality. **YOU** can choose how you celebrate any event and tailor it to meet the needs of your special group of family and friends.

A Cry for HELP!

A time crunch at holiday time is almost a given. Trying to do everything on your own is often overwhelming and can leave you feeling irritable. **ASK FOR HELP.** Delegate tasks to family members and friends involved in the celebration. Hire a baby-sitter for a few hours while you shop OR take a much needed break. Planning ahead and pacing yourself will also help ease the holiday blues.

Stay Healthy with Chiropractic

During the busy holidays, don't neglect your health! Eat nutritiously, exercise, relax, and visit your chiropractor. Chiropractic care is part of a healthy, happy lifestyle and can assist you in surviving the holidays – and beyond! ♦

Holiday Trivia for \$100 Please. . .

- ◆ Hanukkah means "dedication" in Hebrew and is also known as the "Feast of Dedication" in addition to the "Feast (or Festival) of Lights."
- ◆ The ancient druids believed mistletoe had magic powers as well as medicinal properties. Later, the Christmas custom developed in England (and, still later, in the United States) of kissing under the mistletoe, an action once believed to lead inevitably to marriage.
- ◆ Abraham Lincoln declared Thanksgiving a national holiday in 1863. Although the holiday originated in 1621, it took more than 200 years to really catch on.
- ◆ Kwanzaa is Swahili for "fresh fruits." The holiday is based on African harvest festival traditions. Kwanzaa is celebrated daily from December 26 to January 1.
- ◆ The New Year's ball was first dropped in New York City's Times Square in 1906.
- ◆ Hanukkah is celebrated beginning in December and lasts for eight days.
- ◆ The first Thanksgiving menu included venison, duck, goose, seafood, eels, vegetables, and, of course, turkey.
- ◆ The North Pole, home to Santa Claus and his elves, is in the Arctic Ocean, about 450 miles north of Greenland.
- ◆ Maulana Karenga, a professor of black studies at California State University at Long Beach, created Kwanzaa in 1966 as a nonreligious celebration of family and social values for African American families.
- ◆ The ancient Greeks began the tradition of using a baby to signify the new year to come around 600 B.C. They would carry a baby around in a basket to honor Dionysus, the god of fertility, and symbolize his annual rebirth.
- ◆ A survey by the National Turkey Federation showed that 91 percent of the American people eat turkey for their Thanksgiving meal.
- ◆ Irving Berlin wrote "I'm Dreaming of a White Christmas" in 1942. It is one of the most popular songs ever recorded.