**December is a Time for Celebrations, Not Stress**

**Tip of the Month from Your Health & Wellness Committee**

The holiday season is a time for celebrations, but often brings unwelcome guests - stress and depression. And it's no wonder. The holidays present a dizzying array of demands such as parties, shopping, baking, cleaning and entertaining, to name a few. Many people don’t even realize how stressed they are, but it takes a toll both physically and mentally.

Here are some signs you’re stressed to the max - and don’t even know it:

**You can’t make decisions**

**You feel fatigued all the time**

**Or you’re revved up and can’t sleep**

**You’re catching colds, feeling sick more often**

**You feel anxious**

**You’re making silly mistakes**

**Your digestion is out of whack**

**You’ve gained weight**

No matter what stresses you out, research suggests how much it will hurt your health depends on how resilient you are and whether you have stress control strategies in place, such as regular exercise, a mindfulness practice, or deep breathing or exercises. Many Chamber members can help, with classes like yoga, pilates, cycling, and other healthy ways to deal with stress. We also have members to assist with home care for a loved one or yourself. By using these resources, we can all enjoy the holidays!