

How to Relax for the Holidays

Destress yourself this season

by Abigail Gasink



Ever notice how some people feel under the weather around the holidays? With finals coming up after break, and all of the crazy Christmas shopping, it can be a little stressful.

If you know someone who's really stressed out, or maybe you're having a rough time yourself, here are a few things you can do give yourself a relaxing holiday season.

First, don't do any of your homework before Christmas. If possible do it all before break starts so you won't have to worry about it at all. If a teacher gives you work to do during break, then don't do it until after Christmas.

Here's my reason. Before Christmas, you get all worried about cleaning your house, buying presents, and spending quality time with your family. If you're working on homework and study guides, you will be even more stressed for Christmas. Remember you're on a BREAK from school.

Second, make a cup of hot tea with honey and watch a good Christmas

movie. The hot tea is soothing and will help your throat not be so dry from the cold winter air. The movie will help you sit down and focus on something other than cleaning or doing homework.

Sleep! Catch up on as much sleep as possible. The more sleep you get, the more positive you are the next day. Also, sleep is important for your brain to concentrate and be more productive. When in doubt, just get some sleep.

Try online shopping. Most presents these days you can buy online from the relaxing destination of your couch or bed. Sometimes you can get certain items cheaper online than in stores. Plus you can usually get free shipping!

Go for a drive if the roads are safe. Going for a long drive with your holiday music is always super relaxing. Just get in your car and sing your heart out to your favorite holiday songs. See our winter break playlist on page 7 if you need song suggestions. Take a nice long country road and see where it takes you. Be sure to have a GPS just in case you get lost in the music.

Try some traditional winter activities. Go sledding with friends and end the day with hot chocolate! Go look at lights and listen to some holiday music with your family. Have a snowball fight with your neighbors!

Do something you really enjoy, or maybe something you've never done. There's always fun things to do with your friends in the winter. You could go to Chicago or Rockford and go ice skating. Try sledding if there's fresh snow! If there's no fresh snow you can always do something inside like bowling in DeKalb. Maybe catch a movie at the AMC Theater. Even just going out to lunch with your buddies can be something fun to do in the winter.

So, no matter what the holiday season brings for you, and what you do over break, remember to keep it stress free!