



Hudson Valley

EAT & DRINK

ARTS & EVENTS

LIFE & STYLE

TRAVEL

INSIDER GUIDES

BEST OF HUDSON VALLEY

[Winter Fun Guide](#)
[Women in Business](#)
[Hudson Valley Heroes](#)
[Top Doctors](#)
[Top Dentists](#)
[Find a Local Business](#)
[Blogs](#)
[Calendar](#)
[Where in the Valley Contest](#)

Five Ways to Beat Stress This Holiday Season

'Tis the season for nonstop stress. Here's how to keep the "Ho ho ho" in your holidays

BY BARBARA BALLINGER

[Facebook](#)
[Twitter](#)
[Google+](#)
[Pinterest](#)

The holidays are the time of year when family and friends gather for good food, good laughs, and good company. But with the endless parties and dinners, family reunions and gift exchanges, the happy holiday season can quickly turn hectic. Luckily, there are strategies to call on to cope with holiday stress. Psychologist Christine Ratto Ziegler, PhD, of the Hudson Valley Center for Cognitive Therapy in Upper Nyack, finds that advance prioritizing is useful. "Time and energy are finite resources and need to be budgeted in a similar way as you might budget your money during the holiday season. We can stretch ourselves too thin by saying 'yes' to every invitation we receive. Be selective and try to avoid taking on new commitments. The adage 'Less is more' is especially true in terms of enjoying the fewer things you choose to do," Dr. Ziegler says.

Taking some time to get physical is also likely to lessen the stress. "Regular physical activity is consistently shown to improve mood. Think about how you can adjust your exercise routine rather than eliminate it altogether during this time," says Dr. Ziegler says. "Also try to spend some time in natural sunlight, which can help boost your mood." And if all else fails, says Dr. Ziegler, and you feel overwhelmed, engage in an activity that has nothing to do with holiday preparations. In addition, make a list of everything you need to do and break it down by week or day to make it more manageable.

Or, try one of these homegrown solutions to banish the humbugs:

Take a gyrotonic class

Siobhan Roberts, who opened **Arch & Curl** in March, offers a Gyrotonic class that makes use of a pulley tower and other specialized equipment. The practice enhances breathing, strengthens the abdomen and extends the length of the spine. "Many who sign up are hunkered down over their desks and computers and find they have lower-back challenges." While one class may help, multiple sessions offer improved results. A private class is \$85. *Arch & Curl, Hudson. 845-417-3659; www.archcurl.com*



Unwind with a cuppa tea

MOST POPULAR ARTICLES

[Angry Orchard Apple Cider Headquarters \(Finally\) Opens in Walden](#)

[4 Restaurants Serving Thanksgiving Dinner](#)

[Food Festivals, Reopened Cafes, and Cheese-Tart Tours This Month](#)

[Now Open for Business: Kitchen Sink Food and Beacon](#)

[Where in the Hudson Valley Contest: "Road Trip Reprise" Rest Stop](#)

RELATED STORIES

[Top Doctors 2015](#)

CA
CON
TOP 1

[Why \(And Where\) You Should Try Meditation](#)



[8 North Broadway, Nyack](#)



[This Little Piggy Had Corn: Invasive Pigs, Bugs, and Plants \(and What to Do About 'Em\)](#)



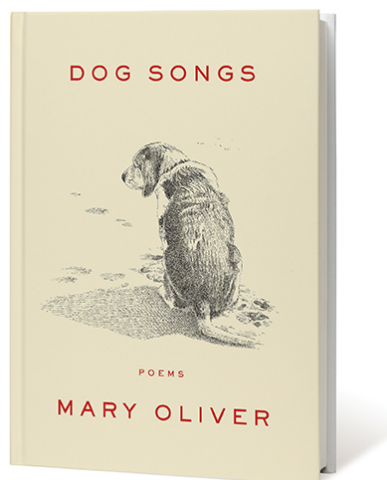
[5 Can't-Miss Turkey Trots](#)



There are hundreds of tea varieties at **Harney & Sons**, but we suggest the “Yellow & Blue,” a mix of chamomile, lavender, and cornflower. It has a calming effect, particularly at bedtime. The tea comes in a tin of 20 sachets for \$5.99 and as loose tea leaves for \$22 per pound. *Harney & Sons, Millerton. 518-789-2121; www.harney.com*

Read some pretty poems

Poetry can be relaxing, inspiring, contemplative, and a window into other worlds. At the **Inquiring Minds Bookstore**, one employee is studying to be a poet. His suggestion? Mary Oliver’s book of poetry *Dog Songs* (Penguin, 2013) because “they’re lighthearted, make you feel good and are wise.” He also suggests Billy Collins’ new collection, *Aimless Love* (Random House, 2013). *Inquiring Minds Bookstore, New Paltz & Saugerties. 845-255-8300; www.inquiringbooks.com*



Get a massage

Hand & Stone’s Swedish massage involves long, fluid strokes of muscles and tissues with pressure that varies from light to medium to firm. First-time guests can snag a 50-minute massage for \$59.95. *Hand & Stone, New City. 845-708-0808; www.handandstone.com*

Take a cooking class

Holly Shelowitz, owner of **Hudson Valley Cooking Classes**, hosts a variety of classes at Warren Cutlery’s Kitchen and Bath Showroom in Rhinebeck. Classes feature recipes with fresh ingredients prepared to bring out maximum flavor, while Shelowitz gives helpful nutrition information and time-saving tips. Wannabe chefs help Shelowitz with preparations that end in a full meal or tasting. Plus, participants get to take home a recipe package. Her Delicious Desserts class on December 17 will have you whipping up lemon almond cake with lemon curd, chocolate chip cookies, spiced pumpkin pudding, and dark chocolate bark with pistachios and cherries, all naturally gluten-free and made with natural sweeteners. Each class costs \$125. For more info, call 845-658-7887.



21
SHARES

Facebook

Twitter

Google+

Pinterest

WHAT TO READ NEXT



Now Open for Business: 16 Front Street in Haverstraw



Local Woman “Brings Sexy Back” to Veganism



The Designer



Our Favorite Events for Kids in December 2015

Like Share 21 people like this.

0 Comments

Sort by **Newest**



Add a comment...

 Facebook Comments Plugin

[Eat & Drink](#) [Arts & Events](#) [Life & Style](#) [Travel](#) [Insider Guides](#) [Best Of Hudson Valley](#)
[My Account](#) [Subscriber Services](#) [Advertise With Us](#) [About Us](#) [Contact Us](#) [Archives](#) [Newsletters](#) [Newsstands](#) [Digital Edition](#)

Copyright 2015 Today Media. All rights reserved.

One more for you:

Winter White Cosmo

www.hvmag.com

AddThis