

10 Survival Tips for the Holidays or Other Special Occasions Year-Round

By Susan Smith Jones, Ph.D

Part 2 of 2

Five survival tips were listed in the January issue. Here are the last 5 tips for surviving holidays and other special occasions year-round.

6. Keep hydrated. Our bodies are 70% water. Our cells are 70% water and our planet is 70% water. That's no coincidence. Each day we need to drink 8 glasses of water and even more when it's hot, during exercise, or in a dry climate or dry atmosphere—such as the cabin of a jet—because your skin constantly loses moisture to the environment.

7. Bathe in lavender. The beautiful flowers of lavender are an age-old remedy for stress. British researchers at the University of Wolverhampton had women add lavender oil to their bath water. Bathing by itself is calming, but in this study, a bath infused with lavender oil significantly reduced anger, frustration and negativity. Use a handful of lavender flowers, or buy lavender oil, and add several drops to your bath.

8. Treat yourself to chocolate. Chocolate is a wonderful mood booster. In fact, lots of delicious foods that I write about in **RECIPES FOR HEALTH BLISS, THE HEALING POWER OF NATUREFOODS and HEALTH BLISS**, including chocolate, confer this fabulous benefit—they give your brain the nutrients it needs to feel



Susan Smith
Jones, PhD

happy. When selecting the best chocolate to enhance your mood, always choose dark, antioxidant-rich chocolate.

9. Soothe with a little aloe vera. Keep a potted aloe vera on your kitchen windowsill. It requires no care beyond weekly watering. For itchy, inflamed skin, bug bites, a minor cut or wound, sunburn or any other irritated skin conditions, snip off a thick leaf and slit it open; scoop out the gel from the inner leaf and apply it to the infected area.

10. Choose to slow down. When you constantly direct your attention and energies outward, it's easy to lose your sense of inner wonder, calmness, balance, and happiness. By slowing down and redirecting your energies inward, not only will you train your brain to relax, you will less likely feel bogged down by the obligations and duties you have towards everyone during holidays or special times of the year.

To learn more about Susan's work or to join her on an exclusive European Holistic Health Retreat; or to learn about or order her best-selling books (including *The Healing Power of NatureFoods*; *Health Bliss*; *Recipes for Health Bliss*; *Be Healthy~Stay Balanced and, for children, Vegetable Soup/The Fruit Bowl*), go to www.SusanSmithJones.com or call 1-800-843-5743 PST. *For a FREE copy of *Herbs: Nature's Medicine Chest* and Companion CD go to www.SusansRemedies.com.

© Susan Smith Jones, PhD