

**12 WAYS TO DESTRESS CHRISTMAS**  
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**I thought now would be the best time of the year to sum up several tips into one article. Here's to a Safe and Destressed New Year!**

**On the 12th Day of Christmas my Home Health & Hospice Nurse said to me:**

**“Take time out for yourself!”**  
**“Get plenty of rest!”**  
**“Eat well and exercise!”**  
**“Examine the cause of your stress!”**  
**“Spend time with positive people!”**  
**“You cannot make everyone happy!”**  
**“Don't have unrealistic expectations!”**  
**“Color yourself calm!!!!”**  
**“Set realistic goals!”**  
**“Try to be more positive!”**  
**“Learn to delegate!”**  
**and**  
**“That it's okay to say no!”**

**Anyone who would like to make a suggestion on a safety and/or health related article they would like to read in 2018 may contact me via e-mail at [jeremiah@hoosieruplands.org](mailto:jeremiah@hoosieruplands.org).**