How to Relax and De-Stress After the Holidays

After the holiday season, you still have several months of winter left to cope with, so you must find ways to de-stress and relax. You may have been super busy throughout the holidays, giving you little time for reducing the stress of shopping and going to parties. Here are some winter care tips to help you feel better after the holidays end.

**Create a Soothing Bedroom**

First, you should create a soothing bedroom to cope with the cold temperatures at night. You may want to replace your old mattress and box springs by shopping at an after Christmas sale. In addition, January is a great time to find new bedroom linens at reduced prices so that you can have new items such as a thick comforter, heated mattress pad and soft flannel sheets. This is also an excellent time to replace lightweight curtains with heavier draperies so that there are fewer cold drafts in your bedroom.

**Visit a Day Spa**

Winter is the perfect time for visiting a day spa for relaxing treatments to eliminate the stress from the holiday season. You can request a facial to cleanse and moisturize your skin, or you might prefer a full-body wrap that includes an application of mud and herbs. A spa will have additional amenities such as whirling hot tubs or warm saunas to help you feel better. It is also possible to have an assortment of massages along with beauty treatments such as pedicures, haircuts and manicures.

**Change Your Diet Plan**

If you have gained weight during the holidays, then you will want to change your diet plan to lose a few pounds. You may have consumed a lot of bad carbohydrates such as cookies and noodles throughout the holidays, so you can switch to eating numerous fresh fruits and vegetables instead. Create new daily menus that include three meals and two snacks so that you can control what you eat rather than grazing mindlessly. With these menu plans, you can create a grocery-shopping list to avoid buying junk foods while you are at the supermarket.

**Plan Your Exercise Routines**

When you have avoided having an exercise routine, January is the perfect time to join a fitness center. This is the time of year that local gyms are offering discounts on memberships, and a fitness center is a heated indoor space away from snow or ice. You will have access to an assortment of exercise equipment such as elliptical machines, stationary bicycles and free weights. Most fitness centers also offer classes that involve group activities such as yoga or calisthenics. Joining a class at a fitness center is an excellent way to socialize with others while also increasing the strength of your muscles and bones.

**Maintain a Regular Schedule**

You may have had a poor daily and weekly schedule during the holidays because you were busy with Christmas shopping and holiday activities, but in January, you can begin to maintain a regular schedule again. To feel your best, you must go to bed at the same time each night and wake up at the same time each morning. You will also lose more weight if you eat your meals and snacks at the same times on a daily basis.