It’s December again. Yes, already! The holidays are here and they can be a joyful time! But lurking around the corner from the cookie plate is the dreaded holiday stress. We are all affected by the holidays, even if we do not celebrate any of the traditional winter holidays… at the very least, we must fight traffic with those last-minute shoppers!

How can you go about keeping your stress levels down and keeping your joy levels up? Here are three quick ways to avoid burning the “yule log” at both ends:

1. Take time for yourself every day, if only 5 minutes. Find a peaceful area (even the bathroom) to sit quietly, think, read, pray, or meditate. Breathe!

2. Avoid the crowds! When possible, stay home off of busy roads. Try shopping online or doing family activities away from crowded malls.

3. Exercise! Angry you missed that Black Friday sale? Work off your frustrations buy taking a 10-minute power walk or a fitness class.