



## Holiday Stress and Back Pain

It is generally accepted that stress can cause back pain or make existing back problems worse. While stress is an unavoidable consequence of life, stress can be channeled positively to offset these types of physical problems or even promote overall wellness.

As the holiday season approaches you may find yourself becoming increasingly stressed placing you at risk for back pain. However, there is hope for a positive holiday experience! In this season of hype and hoopla – BE NATURAL. This is a simple acronym to remind us that we need to take good care of ourselves, if we are going to be able to take care of others. Breathing deeply, exercising, good nutrition, a positive attitude, time management, remembering to make time to enjoy the uniqueness of family, relaxation, attitude and laughter are the key ingredients to keeping healthy and managing stress.

### BE NATURAL

#### The key to keeping holiday stress off your back!

**B – Breathe** deeply, it will help increase your energy levels.

**E – Exercise:** 20 minutes, three times a week. (Running from errand to errand doesn't count!)

**N – Nutrition:** Eat three well-balanced meals per day.

**A – Attitude:** Positive attitudes are contagious. Try to see the glass as \_ full.

**T – Time management:** Set priorities and don't take on more than you can handle. It is OK and sometimes necessary to say "No!"

**U – Uniqueness:** Recognize and treasure you and your family's own uniqueness.

**R – Relaxation:** Schedule private time to relax and recharge. This is a time not to focus on the next item to do.

**A – Associations:** Maintain contact with your nurturing support systems (i.e. colleagues, friends, and family).

**L – Laughter:** **As always, laughter is the best medicine.**

**May this holiday season bring you and yours good health!**



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