

True Hollywood Makeup brings the best of Celebrities Makeup tips from Celebrity Beauty Experts, and Celebrity Makeup Professionals.

- [Home](#)
- [About Us](#)
- [Contact Us](#)
- [Contributors](#)
 - [Belinda Moss](#)
 - [Brett Freedman](#)
 - [Chris Lanston](#)
 - [Vanessa Elese](#)
- [Privacy Policy](#)
- [Terms Of Use](#)

« [How To Save On Makeup And Use What You Have In Brand New Ways](#)
[Kourtney Kardashian Glows With Glowology](#) »

[Holiday Stress Management Part 1 – How To Stay Fresh and Beautiful](#)

 November 26th, 2009 |  Author: [Nick](#)



Holiday Stress Management
Naturally - Susan Sarandon,
She's 63! No Plastic Surgery.
Amazing!

It's Thanksgiving, and *already* some of us could use some **holiday stress management**. The holidays are a time to celebrate, enjoy family and friends, and rejuvenate. But so many of us get caught up in the fray.

The shopping, the family drama that so many people lament, the parties, the heavy food, the drinking. No wonder flu season hits around the holidays. So many people are tired, stressed, and loaded with heavy food and alcohol!

But it doesn't have to be that way. We don't need to self soothe by over eating, drinking, too much caffeine, or stressing the credit card limits.

Debbie Mandel is a celebrity beauty and fitness expert of a different variety than who we usually have as guests at True Hollywood Makeup.

Her expertise is in fitness, nutrition, and stress management and she is a student of health and well-being for women. She studies the habits of celebrities like Susan Sarandon who manage to stay young and vibrant, even through their long and demanding careers in the spotlight, and educates every day women on how they can use the same principles to stay vibrant and healthy.

She is an accomplished author and radio host and is even a writer for Lance Armstrong's site, LiveStrong.com.

Debbie has been kind enough to contribute a two part series with a few tips about how to reduce and manage stress naturally. But just because it is the holiday's doesn't mean we don't get stressed out the rest of the year. Debbie's wisdom holds true and can be applied all year round.

That being said, here is Part 1 of Debbie's philosophy on **holiday stress management**.

If you look at Kristen Stewart and her rigorous, stressful – almost superhuman PR schedule – along with her confession about her need to smoke in order to self-soothe and her regrettable sedentary down time, you wish she could become more of what I call a Healthy Narcissist who takes better care of herself.

No matter how young you are you have to start making deposits in your "health savings account." Look at natural beauties like Susan Sarandon as opposed to women her age who have undergone plastic surgery – there is a reason it is called plastic.

When you are fatigued, distracted, anxious and upset, mind your muscle! Exercise alleviates anxiety and depression. It will bring a flush to your face, energize your body and improve your focus to think clearly.

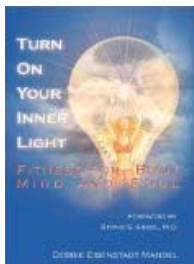
Manage the small stressors, the ones you can do something about, because they accumulate and overwhelm you – creating an inflammatory response in your body and your mind. You will smile less and lose that sparkle in your eye.

Sleeping will be compromised and you are more likely to self-soothe with junk food or jolt your body with coffee/ drugs/ cigarettes throughout the day creating a surge and crash cycle. The interim of withdrawal will make you irritable. Your bad mood will become contagious and others will no longer find you attractive because of it.

Debbie Mandel
-Fitness, Nutrition Expert
-Author, Radio Host

Some of this may seem like a bit of common sense, but so many people just miss it! Experts like Debbie are experts because they master the fundamentals. Read this post one more time – twice, three times if you need to – to help yourself remember. And start practicing this now!

Stay tuned for tomorrow, when Debbie will be back with more tips on **holiday stress management**. Meanwhile, for more reinforcement you can check out her book "Turn On Your Inner Light."

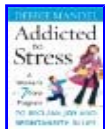


Related Reading:

[Holiday-related stress contributes to productivity decline at work.\(Brief Article\): An article from: Mississippi Business Journal](#)



[Kicking Your Holiday Stress Habits](#)



[Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life](#)