

3 Proven Precision Nutrition Methods to Reduce Your Holiday Stress

#1: The Dial Method



Exercise is usually one of the first things to be abandoned as soon as life gets busy.

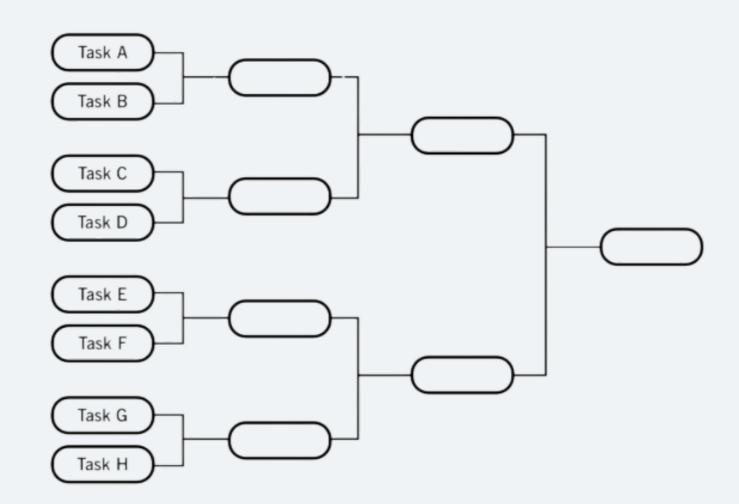
So instead of pausing, try the dial method. Just turn the dial down a notch so you can keep doing *something*.

Read the full article here: https://www.precisionnutrition.com/ pause-button-mentality

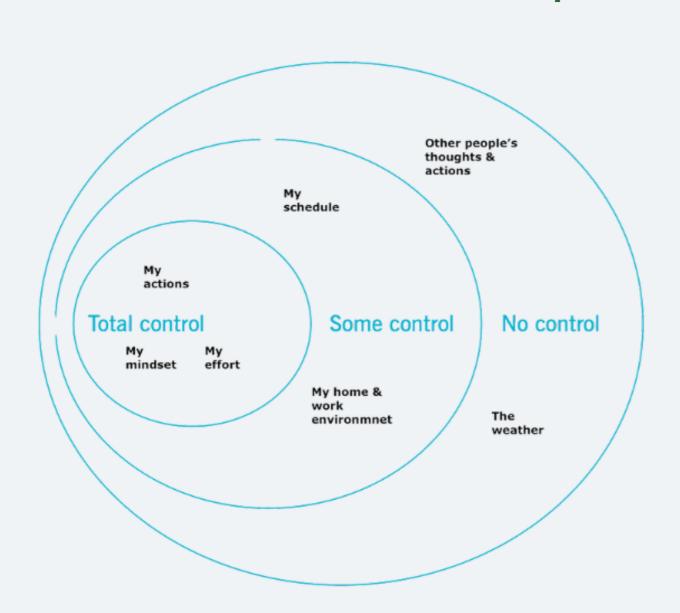
#2: The Tournament of Priorities

- 1. Write a list of everything you have to do.
- 2. Pair the tasks into brackets.
- 3. Have them battle it out until you have an achievable amount of tasks.

Get more practical self-care strategies: https://www.precisionnutrition.com/selfcare-strategies-that-work



#3: The Spheres of Control



When it feels like everything is just too much, use this simple worksheet to help you *stop* worrying about the things you really can't control, and focus on what you *can* control.

Read more here: https://www.precisionnutrition.com/4ways-to-cope