

Mayo Clinic Minute

2 easy ways to find more holiday joy

VIDEO	AUDIO
	'Tis the season to be busy.
	<i>Sound of a music performance in a mall</i>
	If too much hustle and bustle has you stressed, this Mayo Clinic doctor says: Get some sleep.
Title: AMIT SOOD, M.D. COMPLEMENTARY AND INTEGRATED MEDICINE Mayo Clinic	In my order of priorities, sleep is like No. 1, No. 2, No. 3, No. 4.
	Dr. Amit Sood is the author of The Mayo Clinic Guide to Stress-free Living . He says a little shuteye will go a long way.
Amit Sood, M.D.	Most of the patients I see, they're behind on sleep. So if you can catch extra time, take a one-hour nap.
	Then, Dr. Sood says, take a pen to your to-do list.
Amit Sood, M.D.	Make a "not-to-do list" – not a to-do list. Because I have no doubt in my mind you're doing stuff that you don't need to do, which is crowding your life.
	Dr. Sood says a "not-to-do list" creates the gift of time in your holiday schedule – time for experiences and for being grateful.
Amit Sood, M.D.	Between Thanksgiving and New Year, that is the time when gratitude is in the air.
	<i>Sound of a Christmas song being performed by a children's group</i>
Amit Sood, M.D.	This is a time of reflection. This is a time of rejuvenation. And, that's what we should focus on.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.