

Is Holiday Stress Making You Sick... And What Can You Do About It?

The holidays can be one of the most stressful times of the year. Family issues. Time commitments. Expectations. Money. This level of stress could be more than just an annoyance... it could be adversely affecting your health.

The National Institutes of Health report that up to **90 percent of all visits to primary care doctor are for physical conditions related to emotional stress**, and that it is even a major factor in the **leading causes of death**. (b-roll: The Ref w/ Kevin Spacey http://youtu.be/_26ROmuSyTQ @1:32)



Here to talk about what you can do about holiday emotional stress is Misa Hopkins, bestselling author of *The Root of All Healing*. She knows first-hand just how far emotional stress can go in affecting physical health (prop: book). For years, Hopkins suffered with a rare chronic condition that was slowly killing her. As a 28-year old woman, she was finally diagnosed: **her body was producing as much testosterone as a teenage boy**. While medication then helped, her real breakthrough came when she “**uncovered that childhood sexual abuse caused my subconscious to think it was safer to be a man than a woman... and my body followed along.**”

More commonly, **emotional stress can lead to heart disease, obesity, autoimmune diseases, diabetes, high blood pressure, chronic pain**, and more. Though we can't eliminate stress completely, **reducing it boils down to taking charge of our thoughts, emotions, schedule and environment.**

3 Things You Can Do For Less Stressful Holidays

Create fun new traditions that are less stressful (prop: Chinese takeout box)

Focus on kindness and gratitude (prop: Grinch doll)

Spend money where it makes the biggest difference (prop: \$1 bills)

FREE GIFT > *Beating the Odds: 10 Beliefs That Can Short Circuit Your Healing* Report



Misa Hopkins—“America’s Breakthrough Healing Coach”—is the bestselling author of *The Root of All Healing: 7 Steps to Healing Anything*. After taking personal responsibility and having her own healing breakthrough, she has subsequently empowered over 5000 clients to make the difference in their own healing. Misa is a graduate of Celebrity Launchpad.

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As seen on:

