



Five Simple Steps To Easing Your Holiday Stress In Today's Economy

We're all under a lot of stress these days! The economy has everyone tightening up and fearing for their future. Surely everyone's blood pressure is a little higher than normal. However, there are ways to gain control of your personal situation by taking a few simple steps

1. **Re-establish your personal and professional goals.** Now is a great time to reevaluate what you want to accomplish by the end of 2009. It may be simply scaling back, cutting expenses. But how will you do that? Write down specific action steps and the steps necessary to get started.

2. **Use the time to get organized.** A little sorting can help you get clear on what you're doing. File paperwork and get a jump on gathering paperwork so that this month, you can get your taxes done without filing an extension.

3. **Sell stuff.** What do I mean? Now is the perfect time to declutter and generate some money by selling items you no longer need or want on Ebay or Craigslist. You will accomplish two goals: generating extra money and decluttering.

4. **Set aside 10 to 15 minutes each morning to get centered.** How many of us get up and hit the ground running without giving ourselves time to get centered. Before we know it, we're checking email and twittering. Setting time aside may seem inconsequential, but could mean the difference between approaching the day in a reactive versus a proactive manner.

5. **Get moving.** I'm talking about exercise. There's nothing like a good run, or walk for that matter, to reduce stress and feel a little better. Pumping up your endorphins ups your "feel good" neurotransmitters, which can lead to an improved mood overall.

Implementing one or all of these strategies can help you gain control of your time and surroundings, which is how you can weather the storm of the the poor economy.

Info on Child Abuse

Known or suspected child abuse or neglect should be reported to Department of Child Service (DCS). They operate a 24-hour, 7-day a week hotline: 1-800-800-5556, or the local number is 765-662-3575. If you are unable to get through, you may also contact your local law enforcement agency to report abuse or neglect.



Remember, Indiana law *requires* the reporting of known or suspected child abuse and neglect. Callers can remain anonymous and are immune from all civil and criminal liability, provided they have made the report in good faith.

When you call DCS, it is important that you have as much information in front of you as possible, such as: name, ages of each child, address, phone number. You may call without this information, but it helps DCS to quickly investigate. When you are describing a situation, remain calm and maintain a "factual" manner with dates, eyewitness observations and direct conversations.

Recipe For Fun!



Basic Sugar Cookie Dough

- 1/2 Cup butter or margarine, softened
- 1 Cup powdered sugar
- 1 egg
- 1/4 Cup milk
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond or lemon extract
- 2 1/2 Cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon cream of tartar

In mixing bowl, cream together butter, sugar, eggs, oil and extracts. Blend together. In separate large bowl, add flour, baking soda, cream of tartar, and salt. Add to creamed mixture and blend together. Form into a ball and chill 2 hours. Roll dough out on floured surface and cut out with desired cookie cutters. Bake at 375 degrees for 7-9 minutes.



Prevent Child Abuse, Grant County is a non-profit organization dedicated to preventing child abuse in all forms, thereby enhancing the quality of life for children and families of Grant County and Indiana.

If you are interested in knowing more about PCA, please feel free to contact us at 765-668-8082 with questions or for more information. Everyone is welcome to join our group. Together we can make a difference in the life of a child!