Managing Holiday Stress

The Holidays are Here!

Family parties, shopping, baking, cleaning, caring for kids or the elderly, extra work responsibilities! All these things can increase your stress levels during the most wonderful time of year!

Read on for tips on how to manage and cope with stress during the holidays.
Holiday Stress Triggers

• **Relationships** - can be more demanding when family/friend time increases.

• **Finances** - trying to make ends meet while trying to please your loved ones with gifts can result in stress and burned out budgets.

• **Physical Demands** - increased work load and less time for good diet and exercise may cause fatigue.

www.mayoclinic.com
Stress Management Tips

• Acknowledge your feelings
  – You don’t need to act happy just because it’s the holidays.

• Seek support
  – Turn to family, friends, or a professional when you need someone to talk to. Serve others and let others help you.

• Be realistic
  – You don’t need to live up to every family tradition. If situations come up find new ways to celebrate with family.

www.mayoclinic.com
Stress Management Tips

• **Set differences aside**
  – The holidays might not be a good time to bring up a conflict with family and friends.

• **Stick to a budget**
  – Spending too much money can cause stress in the months to come.

• **Plan ahead**
  – Plan specific dates for parties and gatherings. Give yourself extra time for travel to avoid rushing.

www.mayoclinic.com
Stress Management Tips

• Don’t abandon healthy habits
  – Continue eating healthy, exercising, and getting enough sleep. Overindulgence may cause guilt and stress.

• Take a breather
  – Find a place that is quiet where you can take a deep breath and clear your mind even if it’s only for 15 minutes.

• Rethink resolutions
  – Don’t try to change your life in one resolution. It’s better to make small changes towards a healthier lifestyle.

www.mayoclinic.com
Stress Management Tips

• Learn to say no
  – If you only say yes to things you can handle you will be less likely to feel resentment and stress.

• Forget about perfection
  – Life happens! Realize that some situations are out of your control.

• Seek professional help
  – If feelings of sadness, depression, anxiety, irritability last for more than a few weeks seek professional help.

www.mayoclinic.com