



Tips for Reducing Holiday Stress

Find Balance

Determine what you want to do or not to make your holidays meaningful. We often add extra tasks this time of year to our already busy schedule. Buying presents, sending cards, baking cookies can be fun but how can you do them and still have time for you.

Manage your time wisely and budget these additional tasks so you can eliminate time wasters. For example, maybe you will plan some of your "quick meals" in your menu during the workweek or pick up cookies from a local bakery to save time for other things on your list!

Learn to say no to extra things if they don't fit in your schedule.

Maintain a Healthy Lifestyle

Many of us sleep and exercise less and eat more during the holidays. We often eat more high fat, sugary treats, drink more caffeine and alcohol. This can make us more stressed! To cope better with our stress, focus on moving more and getting more rest.

Eat a balanced breakfast. Pack small snacks in between meals to prevent you from being over hungry when you go on those holiday errands. Practice eating mindfully.

Relax: The Holidays Are Supposed to be fun!

If you are feeling tired and stressed, you are doing it all wrong. What brings joy to your heart this season? Do it! What brings you unnecessary unhappiness? Do less of it. I realize that there are unpleasant things, we have to do but can we try to make them a little more fun and festive! Play some music!

Drink a holiday mocktail out of a special mug. Put on an elf hat or wear some crazy glasses. Play one of your favorite holiday comedies in the background while you are addressing cards or wrapping presents. You are supposed to be having a good time.

Relax: take a hot bath, some quiet meditation or a positive reflection. Find a good book to read over the holidays and take a needed escape!

Accept the Things You Can't Control

For many of us, the things that we can't do anything about drive us the craziest. We can't control if someone yells at us for no reason or if life is unfair. We probably can't prevent Uncle Joe or Aunt Sadie from drinking too much and being a jerk. But we have control over our own behavior and how we deal with it in a healthy way.



Seek Support

We often keep things inside and stew. Sometimes we blow up. We may avoid things that we need to get done. Call a friend or a trusted family member and talk. Remember they are not your therapist. We don't want to always dump on our friends and need to know when it is time to seek professional help for those stressors that we need help working on.

You Don't Have to Be Perfect to Do Great!

I love to create those perfect packages for people to rip open but don't always have time or skills. Many of my gifts travel and I have found over the years ribbons fall off and the paper tears. That is why they make gift bags. Cookies take time to bake and if you don't have time, buy them if you want them.

Protect Yourself from Drama! Keep the Peace

Sometimes I wonder if some people do things intentional to stress me out or maybe they are hurting so bad that they don't mean it. Maybe I took it the wrong way.

You can avoid this negativity by limiting your time with these people and when you find yourself in the same room with them, how can you lessen the stress that you feel? This really depends on family dynamics and the situation. If I bring something to do like knitting or hand sewing, a crossword, magazine, coloring books or phone this can provide a distraction. Try taking a needed walk or sit n another room can help also. Holidays are not the time or place to discuss important family business that needs discussed when there are so many people who are emotionally charged.

