

TIS THE SEASON TO BE...STRESSED? TIPS FOR MANAGING STRESS DURING THE HOLIDAYS



The Holidays are here! With all the decking of halls, wrapping Christmas gifts, school programs, and so much more, life can become stressful.

The Holidays can also be a time of grief for those who have previously lost a loved one. Here are some tips to help manage your stress level throughout the holiday season.

Tip #1: Plan Ahead

Create a holiday schedule to manage your time efficiently, including shopping, cooking, and leisure activities. This will also allow you to not overbook your busy schedule.

Tip #2: Set Realistic Expectations

Set Realistic Expectations, don't strive for perfection. Accept that not everything needs to be flawless, and it's okay to simplify or delegate tasks to other family members or friends!



Tip #3: Learn to Say “No”

Understand your limits and don't overcommit. It's okay to decline invitations or additional responsibilities if it adds too much stress to your life. Sometimes less is more!

Tip #4: Take Breaks

Schedule short breaks for yourself. Whether it's a walk, deep breathing, or a moment of solitude, these breaks can help refresh your mind and keep your stress level in check throughout the holiday season.

Tip #5: Delegate Tasks

Don't hesitate to ask for help. Share responsibilities with family and friends to lighten the load and make the holiday preparations a team effort. After all, team work makes the dream work!

Tip #6: Spend time with Loved Ones

Spend quality time with friends and family. Share your feelings, seek support, and enjoy the festive season together.

Tip #8: Focus on the *present* moment

As the saying goes, “yesterday is history, tomorrow is a mystery, but today is a gift. That’s why it’s called the present.” By taking a moment appreciating the things and loved ones in our life, you can help manage stress and promote the production of “feel good” neurotransmitters such as dopamine and serotonin.

Happy Holidays for our family to yours!

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.