



WAYS TO MANAGE STRESS DURING THE HOLIDAYS

Take care of yourself and plan the holiday you really want. Make this holiday one that you and your loved ones really enjoy!

Balance your life between work, play, family, and social obligations. Avoid situations that trigger tension and anxiety.

Spend quality time with others. Don't isolate and succumb to loneliness. Balance this with solitude (quality time alone) to recharge your batteries.

Know your limits, including financial. When possible, delegate duties or share chores. Learn to say **"NO."** You can't do everything perfectly.

Set priorities. Do what is important to *you*. Let the rest go without feeling guilty.

Do "feel good things:" soak in a hot bath, listen to good music, get a massage, meditate, take a walk.

Try to maintain a normal schedule. Exercise regularly and eat balanced meals (carry your own healthy food with you on your flights).

Be aware of numbing your feelings with drugs or alcohol. Deal with your feelings, don't medicate them!

Develop/maintain nurturing relationships. Share feelings with those you trust.

Maintain a sense of humor. Laughter is a massage for your insides.

Keep a journal or diary. Capture your feelings on paper.

Postpone making major decisions.

Realize others are also under stress. Allow them to own *their* problems; don't take them on as yours.

Be aware of your feelings and express them appropriately. Give yourself permission to feel rotten, but don't overlook your blessings.

Be charitable to yourself as well as others.

Don't neglect your spiritual side. Faith makes things possible; it doesn't make them easy.