

Managing Holiday Stress



Keep holiday stressors at bay with these tips for a happy, healthy holiday season.

Have realistic expectations.

Think about what's really important to you during the holidays. Do you need to attend every party or buy everyone you know a gift? Prioritizing the things that are most important to you can help you maintain control of your time and emotions.

Understand how you feel and what you need.

Ask yourself:

- Do I feel drained, either physically, emotionally, or mentally?
- What do I need more of right now (time with friends, time alone)?
- What do I need less of right now (obligations, sweets)?
- Who or what (family, work, etc.) is making me feel resentful right now?

Take care of yourself

Make sure you take time to rest, exercise, and eat a balanced diet. Getting enough sleep helps you feel alert and refreshed. Engaging in physical activity lowers stress and boosts energy. Eating healthy, nutritious foods keeps your energy up and keeps your body in tip-top shape.

LifeSolutions' member assistance program (MAP) services are confidential. They are available to you and members of your household at no cost.

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