

Handling Holiday Stress

Take care of yourself for a happy holiday season!



Don't try to be perfect. Just be YOU!

One of the quickest ways to holiday burnout is to set high, unrealistic expectations for yourself. Make your plans simple and your activities doable.

Take care of yourself.

Try relaxation techniques, meditation and deep-breathing exercises. Spend one quiet evening a week away from the hustle and bustle of your hectic routine.

Reflect on past holidays.

Think back to moments you have treasured during past holiday seasons, and try to recapture the essence of what made those times special. Try to think like a child again, and pay attention to the simple joys of the season. Look back at old pictures, watch an old family videotape or home movie and go through that drawer of keepsakes and mementos. Remember those occasions and people that made you feel special, and cherish those recollections.



Get into the spirit!

Deck the halls. Build a snowman. If you have a tree, decorate it early. Too often adults miss out on the simple pleasures of celebrating the holidays and truly enjoying the moment.

Talk to some who cares.

If you feel bogged down by a case of the holiday blues, do not suffer through the season. Reach out and talk to someone you trust. Confide in a close friend for support and advice.



Celebrate safely.

One of the keys to holiday happiness is celebrating in moderation. Give your body a gift this year by treating it with respect. Know your limits when it comes to alcohol, and never attempt to drive if you have been drinking. Pace yourself this season by getting plenty of rest and remembering to exercise.

Make New Year's resolutions.

Setting goals challenges us to aim for higher fulfillment and self-improvement. Give yourself something to look forward to next year. Stick to these resolutions, and ask others to continue to encourage you to keep your goals.

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