



Wellness News Network™

Your Source for Health & Wellness Information

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Tips To Stay Stress-Free During The Holiday Season

Presented by:

Introduction

The holidays are a time of celebration, gratitude, and connection. They can also bring a lot of stress and pressure, especially in the midst of a pandemic. You may have to deal with travel restrictions, health concerns, financial worries, or family conflicts. You may feel overwhelmed by the expectations and demands of the season. You may not be able to enjoy the things that make the holidays meaningful for you.

But you don't have to let stress ruin your holiday spirit. There are some simple and effective ways to cope with stress and make the most of this special time of the year. In this newsletter, we will share some tips and strategies to help you stay calm, relaxed, and happy during the holidays.

Here are some ideas:

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a realistic budget and stick to it. Don't overspend on gifts, decorations, or entertainment. It's OK to tell your child that a certain toy costs too much. You can also look for alternatives, such as homemade gifts, second-hand items, or experiences instead of things.
- Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an

expensive gift to let people know how important they are to you. Make a phone call and share your feelings. You can also express your appreciation by giving compliments, hugs, or thank-you cards.

- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend. Prioritize the most important and urgent ones and delegate or eliminate the rest. Plan ahead and avoid last-minute shopping or cooking. Set reminders for deadlines and appointments. Keep your calendar and contacts updated and synced across your devices.

Happy
HOLIDAYS

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- Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal. Ask for help when you need it and offer to help others when you can. You can also hire a professional service or use an online platform to outsource some of the chores, such as cleaning, delivery, or catering.

- Learn to say no. This will give you more time to say "yes" to events that you do want to attend. You don't have to accept every invitation, request, or obligation that comes your way. Be selective and choose the ones that are meaningful and enjoyable for you. You can also limit the duration or frequency of your participation. For example, you can attend a party for an hour or two instead of staying all night. Or you can visit your relatives once a week instead of every day.

- Be realistic. Focus on the traditions that make holidays special for you and your family. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's OK to set limits on your time at events and visits. You can also

avoid topics that may trigger arguments or conflicts, such as politics, religion, or money. Instead, focus on the positive aspects of your relationship and try to find common ground.

- Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays. Try to get enough sleep, eat healthy, and stay active. Avoid binge drinking, smoking, or using drugs. These habits can worsen your mood and impair your judgment. Instead, find healthy ways to cope with stress, such as meditation, yoga, breathing exercises, or listening to music.

- Get support if you need it. Sometimes, stress can be too much to handle on your own. You may feel lonely, depressed, anxious, or hopeless. You may have thoughts of harming yourself or others. If this happens, don't hesitate to reach out for help. You can talk to a trusted friend, family member, or counselor. You can also call a helpline, join a support group, or seek professional treatment. You are not alone and there is hope.

Conclusion

The holidays can be a wonderful time of the year, but they can also be stressful. By following these tips, you can reduce your stress and enjoy the season more. Remember to be kind to yourself and others, and to appreciate the gifts of life.

We wish you a happy and healthy holiday season

