Managing holiday stress

The holidays can be a time of joy and fun. They can also be a time of stress. Try these tips to help you manage and even add more joy to your holiday season:



Prioritize and plan

- Decide which traditions or activities are most important to you
- Note those activities on your calendar
- Plan ahead to keep other tasks from interfering with what you value most

Take care of yourself

- Get enough quality sleep
- Mix in healthy food choices and portion sizes
- Exercise 20 to 30 minutes each day
- Schedule time to take breaks

Set healthy limits

- Control your intake of sugary foods
- Limit alcohol use
- Put boundaries on the activities you say yes to
- Stick to a budget when it comes to gift-giving and expenses

Give yourself some grace

- Avoid the perfectionism trap
- Remember to just breathe
- Find humor even when things don't go as planned

If the holidays are a challenge for you, know you're not alone. We're available 24/7/365 to provide in-the-moment support, referrals and more.

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