

# Tips for Holiday Stress



- ★ Set boundaries at work and home
- ★ Decrease financial burden/stress
  - Pre-plan, budget, take advantage of sales/discounts, give home-made gifts, experiences over items, gift exchanges vs. buying everyone gifts
- ★ Utilize stress management techniques
  - Meditation, yoga, nature, breathing techniques, music, working out, hobbies
- ★ Prioritize healthy routines
  - Sleep, nutrition, exercise, hydration
- ★ Decrease family stress
  - It's okay to say no
  - Plan family events in moderation
  - Prepare yourself for these events by using stress management techniques ahead of time
- ★ Utilize time management techniques
  - Stay organized at work to ensure smooth transitions with taking holiday leave
  - Stay organized at home with holiday parties/events/meals
- ★ Loss and grief
  - Plan traditions to memorialize lost loved ones
  - Engage in activities that bring back happy memories
  - Spend time with individuals who may also be grieving the same loss