

HOLIDAY STRESS



Merry Christmas

BEST WISHES

And A Very

Happy

New Year



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Ending Holiday Stress

You might remember the day Santa Claus brought you your first bicycle. It had green handlebars and seemed to shine under the Christmas tree lights. It was hard to believe that the present of your dreams had actually arrived. You knew you'd always remember it as the best Christmas ever.



Fast forward a few years. It's Christmas week, and you're a basket case.

You don't think you'll ever be able to finish all the shopping, the wrapping, and the decorating in time for the big day. You also have visits to make, cards to send, and donations to mail out.

You are dealing with full-fledged Christmas stress, and it shows no signs of abating.





The stress of the holiday season can be trying in the best of circumstances. But if you're dealing with other major stressors, such as the recent death of a loved one, holiday stress can seem unbearable.

You might be so tense that you cannot enjoy any holiday-related activities. You might snap at your children or your spouse, and you might find yourself unable to focus at work.



There are many causes of holiday stress.

To begin with, you might be striving to fulfill unrealistic expectations. You might have a perfect postcard view of the holidays—a vision that no human being could expect to realize. Your impressions of holidays might have been formed by the movies, where families gather around a tree and sing Christmas carols in perfect harmony.





Another common cause of holiday stress is having too many people on your Christmas list.

You might expect yourself to buy for not only members of your immediate family, but also for teachers, friends, distant relatives, and co-workers.

You don't want to leave anyone out, so you create a list that even Santa Claus would find difficult to fill.



You might also be suffering from the stressed-out host syndrome. You might have been elected to hold Christmas festivities at your house, and you're panicked. You're striving to decorate the house, trim the tree, grocery shop, bake cookies, and prepare fudge. You don't know when you'll have time to string the lights in front of your house, or to mount the Christmas cards on the fireplace.



Family members might be contributing to your stress.

Your children might be demanding the latest video games, even though you're budget will never accommodate them. Your mate might be demanding that you increase your share of the holiday chores. Your parents might be demanding to stay a week or more at your house, creating further tension for your household.



The fact is, you can enjoy the holidays while reducing your stress level considerably.

This begins with engaging in some pre-holiday planning.

Write a list of your goals for the holidays.

What do you really want to accomplish this year?

What can you realistically do on your own, and what will you need help with? Putting your aims in writing can help to give you some peace of mind.





It's also important that you set your own agenda for the holidays.

Don't let other people dictate the agenda for you.

In this way, you can ensure that your needs are met, before you attempt to fulfill the needs of others.

Chances are, your goals are not to buy presents for everyone you've ever met or to get out every decoration you've ever owned. Rather, your goal is probably to have a safe, festive holiday where you, your family and friends can enjoy the festivities.

Realizing what your true goal is, and mapping out a way to get there, can help to reduce your stress.



Merry Christmas



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❄️ *And A Very* ❄️

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There is no denying that holidays make additional demands on your time. However, through appropriate time-management techniques, you can work to ensure that you are not overwhelmed by responsibilities.

If you have a difficult task to face, consider enlisting the aid of family and friends. Sharing the load can reduce your stress level remarkably.

Also, you have to strike the idea that you must have the perfect holiday. Instead, strive to create a holiday that's good enough...good enough to make you smile... good enough to bring joy to your loved ones.



Also, spend at least part of your holiday preparations doing some good for someone in need.

You'll find the experience rewarding—and it should help you to better cope with holiday demands.



MERRY
Christmas



Merry
Christmas



Ending Vacation Stress

**It's the time that you've been waiting for
all year long.**

**You have an uninterrupted two weeks away
from work.**

**While it should be a time of non-stop
relaxation, the idea of your vacation is
already beginning to stress you out.**

**You wonder if you'll return from your trip
more frustrated and agitated than when you
left.**

**At this point, you're stressed
out about the cost of the trip...
whether your plane will arrive in time
for you to take your cruise...if you'll
have enough clothes for your
journey...how to keep your children in
line during the trip...and whether you
will actually enjoy yourself.**

**Instead of being a soothing trip
away from it all, your vacation is
quickly becoming a major stress
event.**

**It doesn't have to be this way.
You can enjoy a vacation that carries with it
a minimum amount of stress.
However, it will not happen without some
concerted effort on your part.
In essence, you must work to have fun—and
the sooner you realize that, the less stress
you'll encounter.**

**How to get work done before leaving
for vacation and not stress out**



**A relatively stress-free vacation requires
a great deal of advanced planning.
To begin with, you should develop a budget for
your vacation, based upon how much money
you've saved.
Resist the temptation to charge it all on your
credit card.
Otherwise, you'll have to endure a great deal
of financial stress once you return from your
trip.
Once you've established a budget, be sure to
stick to it.
Overspending will simply exacerbate your
stress.**

★ HAPPY ★ HOLIDAYS

Next, you should seriously consider booking your vacation through a travel agent. The agent can do a great deal of the planning for you.

An experienced agent will also know the pitfalls you'll want to avoid.

He or she is in the business of making vacationers happy, so the agent will have extra incentive to make sure that your vacation goes well.



As you plan your trip with your travel agent, there are some key questions you should ask yourself.

For instance, would you enjoy an adventure-related vacation, such as riding the rapids or going to a dude ranch?

Or are you more interested in shopping and sightseeing?

Is your idea of a relaxing time a flight through the clouds or a cruise along the waves?

The more information your agent has about your personal preferences, the better able he or she will be to plan a vacation that's relaxing for you.



Determine in advance exactly how much time you'll need off in order to ensure that your vacation is a success.

If you allot too little time, you could find yourself begging your boss for additional time as your vacation comes to an end, causing both you (and your boss) additional stress.

Also, don't allot so much time that you'll become restless.

You'll want a vacation that gives you a respite from your daily duties, but that does not leave you feeling completely out of touch.

Be sure to find out from the travel agent just what kind of weather you're likely to encounter on your trip.

One of the most stressful aspects of a vacation can be finding that you are unprepared for the weather.

Find out exactly what kind of temperatures you can expect, whether there is likely to be wind, and how likely it is that it will rain.

In this way, you can prepare yourself for the type of conditions you're likely to encounter.



Be generous with your packing—but not overly generous.

In other words, make sure that you pack everything you're likely to need, but don't pack non-essentials.

You'll want to make sure that you have enough clothes to last your entire journey, since it might be hard for you to find laundry facilities along the way.

But you don't want to be so weighted down that you can't move your suitcase. Also, be sure to leave room in your suitcase for the souvenirs you'll want to buy for your friends and family members.

A vacation should be the most relaxing event of the year.

That's why it's important that you try to make it as stress-free as possible.

By maintaining a sensible budget, doing some extensive planning, and asking for help if you need it, you should be in a position to reduce your stress level considerably.

Bon voyage!





Exercise: The Ultimate Stress-Reliever

However, the secret to effectively dealing with the stress may be to get your body onto an actual treadmill. Exercise can be the key to stress relief.

It's an obvious antidote to fatigue.

It can make you feel more energetic, improving your strength and resiliency. It has been shown that individuals who are more physically fit often experience fewer health troubles.

In addition, exercisers are less likely to suffer from psychological problems such as depression, binge eating, or insomnia.

Without exercise, you are increasing the likelihood that you will be afflicted with colds, flu, or other medical problems.

Aerobic exercise in particular can improve your cardiovascular system and decrease your anxiety level.

Some studies have shown that, during aerobic exercise, a chemical is produced in the brain which helps to heal the body from stress-related conditions.

You should exercise at least three days a week for 30 minutes at a time in order to improve not only your health but your mental outlook.

In general, exercise should make you feel less anxious.

Your muscles become less tense and you will be less shaky after a round of exercise.

It has also been shown that exercise leads to an hour and a half to two hours of relaxation response.

This has also been referred to as the endorphin response.

As a result, your mood will improve, enabling you to deal more effectively with stress.

Exercise can also improve your self-image.

You'll experience greater self-worth, which will, in turn, reduce your stress level.

A confident person is an individual who knows how to handle stress without becoming flustered.

As a result of exercise, you may also end up eating better.

Your improved menu may also prove to be a stress reliever.

For instance, if you give up caffeinated drinks, you might become less jittery.



A woman with long brown hair, wearing a black athletic top and shorts, is running barefoot on a sandy beach. The background shows a clear blue sky and the ocean. A large, vibrant rainbow is visible in the upper left corner of the image.

In addition to your sessions in the gym, you should be looking for additional opportunities to exercise.



This could mean taking the stairs instead of the elevator, walking to work instead of driving, or playing touch football in the backyard with your children.

The point is to get moving—and keep moving—at every available opportunity.

Exercise quickens the blood flow to your mind, offering the brain additional sugars and oxygen which can be important if you are concentrating.

Exercise can also clear out waste products from the brain which can result in unclear thinking.

You will also feel a greater sense of well-being as a result of exercise.





As has been shown here, exercise is beneficial for both the body and the mind.

As a result, it can relax you when other techniques fail.

By engaging in exercise, you free up your mind, enabling you to concentrate better and work more efficiently.

Chances are you will not only feel better, you will look better as well.

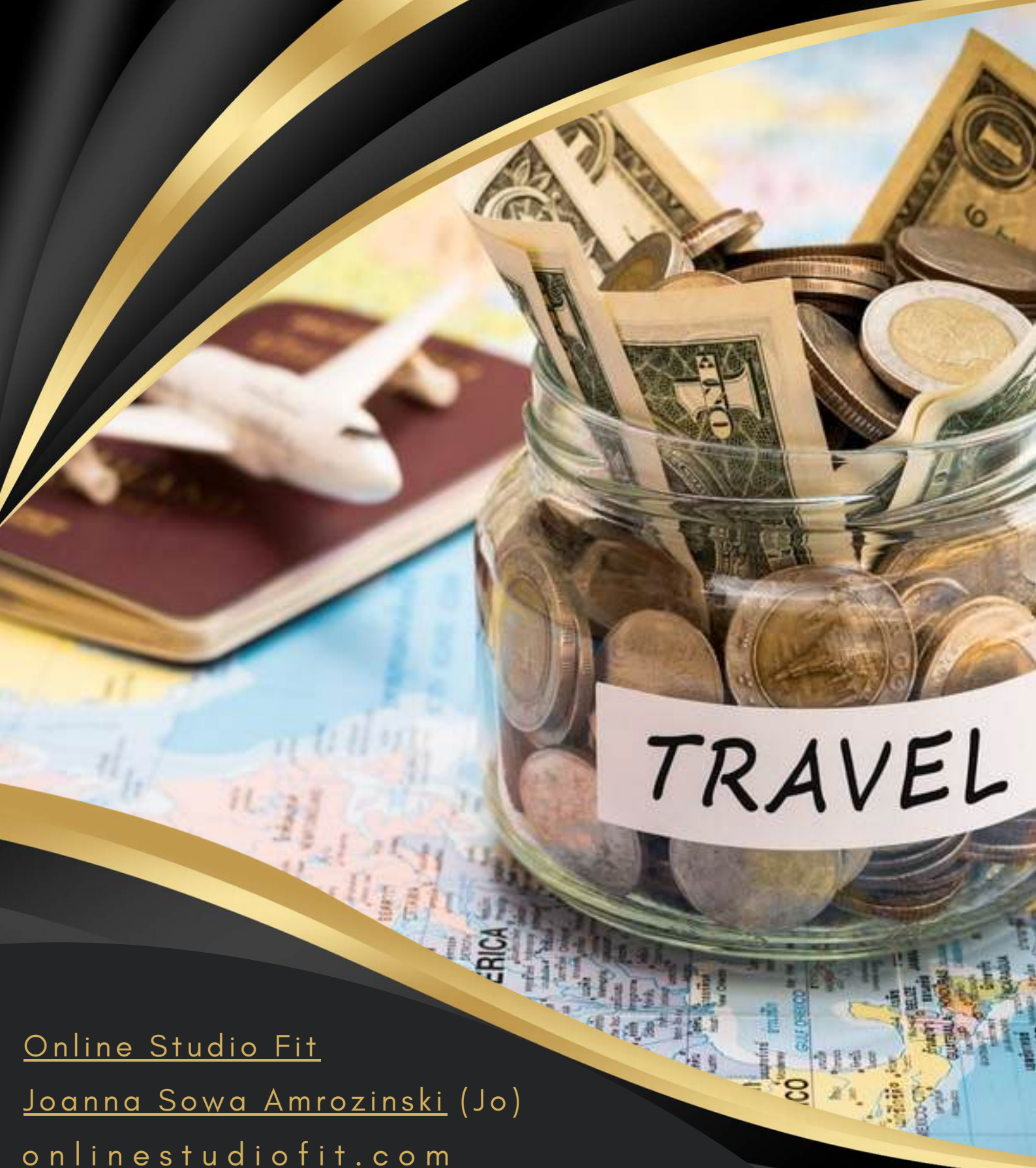
With your brain under control, you should experience less stress.

Granted, exercise takes time and requires discipline, but it is well worth the exertion.

The good feelings you get from a powerful exercise session can actually last for days.

You may find that you actually look forward to working out because of the tremendous benefits it brings with it.

Stress
free ✓



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