



HOLIDAY STRESS



Why Does it Feel so Stressful?

- **Your Expectations:** Putting pressure on yourself to create the "perfect holiday" can lead to disappointment and stress
- **Financial Strain:** Wanting to give the perfect gift, traveling, and going to special events can often make it hard to keep a budget.
- **Family Dynamics:** The holidays often bring people together, but unresolved conflicts or strained relationships can resurface, creating tension.
- **Too Much to Do, so Little Time to Do it:** Balancing work, home life, and holiday extras can leave you feeling overwhelmed.
- **Grief and Loneliness:** If someone is absent that is usually present, the holidays can often be a big reminder of that loss.

Signs That You Might Be Stressed

Recognizing the signs of holiday stress can help you take action before it escalates:

- Increased irritability, anger or frustration.
- Difficulty falling asleep or sleeping too much.
- Changes in appetite. Eating too much or not enough. Choosing unhealthy options.
- Lack of energy, fatigue or exhaustion. Feelings of sadness, overwhelm or anxiety
- Physical symptoms like headaches, muscle tension, body aches or upset stomach.
- Avoiding doing things you usually enjoy.

What Can You Do?

- **Set Realistic Expectations:** Focus on what truly matters to you and release the need for perfection. Communicate your boundaries.
- **Budget Wisely:** Set a spending limit and stick to it.
- **Prioritize Self-Care:** Make time for activities that relax and recharge you, such as reading, taking walks, or meditating. Maintain healthy habits like regular exercise, eating balanced meals, and having adequate sleep.
- **Plan Ahead:** Keep a calendar of things you plan to do. Schedule time to relax. Delegate tasks when you can.
- **Practice Gratitude:** Reflect on what you're grateful for during this season. Maybe even use the gratitude jar that I talked about last month.
- **Learn to Say No:** You don't have to do everything just because someone asks you.
- **Seek Support:** Talk about your feelings with people you trust. If you need something more try reaching out to a counselor.
- **Create Meaningful Traditions:** Focus on creating special moments that are fun and don't have to cost much. Like holiday movie night or baking something delicious together as a family. Create new memories together.

More Information

If you have any questions or would like to discuss this further please contact
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