Tips To Combat Holiday Stress

#1. Stress Less
Give yourself space — and grace. Try some of the following:
- Not saying "yes" to all that is asked of you
- Making realistic holiday plans and to-do lists and learning what you can "let go"
- Breathing deeply and slowly before starting each new task
- Refreshing your coziest spot at home — with a soft chair, warm throw, fire logs or a candle, and a place to rest your head
- Setting aside time for a book you've been meaning to read or show you've wanted to watch.

#2. Mind Over Matter
No matter what you're doing, be PRESENT! Try:
- Noticing the details that make up one of your favorite places
- Stretching to reach a falling leaf and crumbling it in your hand
- Indulging in only your absolute favorite treats — and experiencing their taste, smell, and texture fully
- Giving someone your complete attention
- Gazing at the stars or looking for shapes in the clouds

#3. People Power
Connect with your whole heart. Try:
- Turning shopping or cooking into a pairs or team event
- Scheduling a festive lunch date or a walk outdoors with someone new
- Sharing a favorite food or recipe with a friend or co-worker
- Retelling a favorite memory at a gathering or in a holiday greeting
- Enlisting a friend to help you rake leaves or build a snowman

#4. Giving Thanks
Note blessings big or small. Try:
- Listing objects that comfort you. Think about your morning coffee, a favorite meal, a pair of snuggly socks, or a warm chunky scarf
- Smiling as the winter sun shines on your face
- Jotting down all the things that went right today
- Savoring the abundance of food at a local market (and taking a bite of a perfect apple!)
- Thanking someone for making your life better

#5. Rest for Your BEST
Replenish both body and mind. Try:
- Sticking to a regular sleep schedule of seven to nine hours per night
- Renewing your stamina with exercise, yoga, or a good stretch
- Closing your eyes for a few minutes at work
- Scheduling "me" time to relax with a hot bath, or a cup of tea
- Snoozing one afternoon, for no good reason

Credit/Resource: American Heart Association®