

## Practical Stress Management Tips *especially during the holiday season*

- Lower your expectations
- Recognize your limits
- Be realistic
- KISS-keep it simple and sane
- Make lists and do what is written on them
- Prioritize
- Set limits/boundaries
- To what can you say 'no?'
- Decide & take action
- Breathe deeply
- Slow down
- Be kind to yourself
- Practice your faith
- Keep your sense of humor
- Watch the amount and type of food you eat
- Get as much sleep and rest breaks as you can
- Schedule some time for yourself
- Make exercise a priority – walk whenever you can
- Have some fun
- Listen to music
- Limit shopping; shop early
- Ask for help
- Let go of what you cannot control and take the initiative to influence what you can
- Reframe how you see situations and people
- Remember the good times
- Tell people that you love them
- Take one day at a time and value it
- Find the 'spark:' what is the best part of relationship with friends, family, mates, co-workers and others
- Recognize the harmful effects of expecting everything to be perfect & take steps to be more flexible
- Remind yourself about the high cost of worry and the low return
- Be willing to accept that sometimes enough is okay
- Respond - don't react
- Remember what the holidays are about

### Don't Overdo

- Food
- Alcohol
- Shopping
- Work
- “Doing”

