

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

December 2021

Coping with Holiday Stress

The holidays can be a joyful time, offering a chance to reconnect with friends and family, but they can also be stressful. Stressors can include financial pressures, personal demands, family dynamics, or how the holidays will again look different due to the pandemic. Here are some tips on how to navigate the upcoming season:

- **Be realistic and flexible.** The holidays don't have to be perfect. As families change, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones.
- **Acknowledge** that expectations may not be met and not everything will always turn out the way you hoped.
- **Set your priorities and make a schedule.** Before you get overwhelmed by too many activities, decide which ones offer the most positive impact and eliminate those that don't. Write down your scheduled activities, being realistic, to see if you're trying to do too much. It's ok to say no to events and activities that aren't important to you.
- **Create a budget.** Before you start holiday shopping, decide how much money you can afford to spend and stick to it.
- **Spending the holidays alone?** Don't compare yourself to what you see on social media and realize few people's holidays measure up to what is depicted. Choose activities you enjoy, volunteer to help those less fortunate, order a nice takeout meal, and go to a movie and see if a friend or neighbor is available to go along.

Seek professional help. Despite your best efforts, you may feel lonely, sad, or anxious. Call your EAP, call a friend, or check out Mental Health Apps like Talkspace, Sanvello, or Calm.

SAFETY REMINDER: "The best way to spread Christmas Cheer is singing loud for all to hear". Buddy the Elf.

Discussion Points/Quiz Questions:

1. How can the holidays be stressful?
2. What are some strategies you take to make the holidays less stressful?
3. What recommendations could you make for a friend who found the holidays too stressful?