

Handling Stress During the Holidays

Holiday Stress, By the Numbers

During the holidays, up to 69% of people are stressed by the feeling of having a **lack of time**.

69% are stressed by perceiving a **lack of money**.

51% of people feel **pressure to give or get gifts**.

Be Proactive!

Learn to say no. Friends will understand if you can't participate in every holiday project or activity.

Decide how much money you can afford to spend for gifts and food, then **stick to your budget**.

Instead of store-bought gifts, **give homemade presents** or donate to a charity in someone's name.

Tips to De-Stress

Make time for yourself by taking a walk, reading a book, or relaxing in a warm bath.

Don't abandon healthy habits. Overindulgence adds to stress, so eat healthy meals, exercise, and get plenty of rest.

If feelings of stress start to overwhelm you, **talk to a friend or family member**, or contact your family doctor.

Be realistic. Holiday plans may look different this year, but you can still find ways to celebrate. Can't be there in person? Go virtual!



SOURCES: American Psychological Association, Healthline, Mayo Clinic