

Managing Stress During the Holidays

The Most Stressful Time of the Year...

The holidays fill the air with happiness and cheer, yet they can also carry stress and sadness for many people. According to a new poll, Americans are **five times more likely** to say their level of stress **increases** rather than decreases (**41%** vs. 7%) during the holidays. Common physical symptoms of holiday stress can show up in the form of headaches, insomnia, exhaustion, digestive and respiratory issues, and much more. Stress can also lead to cardiovascular disease and heart attacks.

But with just a little effort, you can **minimize** the stress that accompanies the holidays. Being realistic, planning ahead and seeking support can help ward off stress and depression, so you can better enjoy the season.

TIPS TO MANAGE HOLIDAY STRESS

Be Realistic.

You are only one person, and you can only do so much. Be realistic with how much you can handle this season.

Plan Ahead.

Have a plan in place for your holiday tasks, budget and activities so you do not get overwhelmed later on.

Just Say No.

If you have too much on your plate, let your friends and family know.

Maintain Healthy Habits.

Don't let the holidays become a free-for-all. Continue to eat well, get enough sleep and exercise.

Take Care of Yourself.

Don't forget about your own needs. If you find yourself overwhelmed, reach out to family, friends or a health professional.

SOURCES: American Psychiatric Association, Mayo Clinic, Stress.org