

MAINTAINING FAMILY PEACE DURING THE HOLIDAYS



It is very common to feel both stress and excitement while celebrating with family and friends during the holidays. Sometimes our expectations and striving for holiday perfection result in disappointment.

HERE ARE FIVE TIPS FOR LOWERING STRESS AND FINDING PEACE THIS HOLIDAY SEASON:



SET REALISTIC EXPECTATIONS

Consider priorities for the upcoming holidays and plan accordingly. Stick to your budgets, practice gratitude, and be flexible if your plans have to change.



KNOW WHAT MIGHT CAUSE FRUSTRATIONS

Are there topics to avoid at gatherings? Feeling pressured to attend multiple family events? Short on money? Pay attention to your mood, practice self-care for balance, and try creative gift giving ideas like offering to babysit.



KNOW HOW TO COPE WITH HOLIDAY STRESS

Talk to a friend, take a walk, or practice deep breathing. Have a plan to deal with stress before it happens.



MAINTAIN HEALTHY HABITS

Make sure to get plenty of rest, exercise, and eat well. When stressed, people lose sleep, eat too much, or do not eat enough.



SET HELPFUL BOUNDARIES

Discuss boundaries with loved ones. Try to set aside personal differences and accept people as they are. Contact a counselor for additional support or information if needed.