

5 TIPS TO HELP WITH HOLIDAY STRESS

Home Alone. It's a Wonderful Life. National Lampoon's Christmas Vacation. A Christmas Story. What do these 4 movies have in common? Stressful situations around the holidays! Although this season can be filled with joy, for many people it also brings undesired stress that affects your wellbeing, finances, relationships, and much more.

What do people say is the leading stressor during the holiday season?



Lack of time
(67%)



Lack of money
(62%)

Source: Greenberg Quinlan Rosner Research

1

Plan Ahead

Work from a place of high velocity, not high speed. While speed is how fast you move, velocity is how fast you move in a certain direction. Make sure you have a method to your madness! Put time for holiday shopping on your calendar rather than just saying you'll get it done soon. Get ideas out of the back of your mind and onto paper.

2

Escape Perfectionism

Despite what commercials and social media posts might lead you to believe, we compare ourselves to an ideal that does not exist. It can be easy to get caught up in what the holidays "should be like." As circumstances change, so should traditions and celebrations. Try to roll with the punches – you may be surprised by a new favorite tradition! Remember, real life is not a Hallmark movie.

3

Practice Gratitude

Use the scientifically proven Three Good Things exercise: Every day, write down three good things that happened to you that day. Commit to doing it for 30 days without repeating yourself. This exercise is intended to increase happiness and a sense of well-being.

4

Keep Up With Habits

Try not to get caught up in the rush and let your health routines slide – making time to exercise will help mitigate stress and release endorphins. Remember, it is not all or nothing. Do not fall into the trap of believing you have failed if you didn't stick to your plan perfectly!

5

Reject Pressure

Reject the idea that there are right and wrong ways of celebrating the holidays from a financial perspective. If we think everyone is spoiling their kids, or buying a Lexus for their perfect family, we are more likely to overspend to keep up. In reality, we are pressured by marketing tactics like social proof which leads to unrealistic expectations.

Remember, the holiday season is temporary! If you are still feeling overwhelmed, Peer Coaches like those available through Youturn Health can help with stress management, grief, and your overall mental health.