BlueResource℠ – Stress Relief – Enjoying the Holidays

Keep Holidays Fun, Not Frazzled

It's supposed to be the most wonderful time of the year, right? Still, the holidays can be stressful for a lot of reasons. We often put pressure on ourselves to please others, but no one is superhuman. By taking care of yourself, you can make holidays the enjoyable time they're meant to be. Keep these tips in mind.

Avoid last-minute scrambling. Make a plan for shopping, baking and social gatherings using a calendar and to-do lists. A little planning can keep chaos to a minimum.

Stick to the good stuff. Eat nourishing foods, get plenty of sleep and work in some physical activity every day. It's tempting to overindulge, but healthy habits will keep you feeling great.

Embrace your feelings. Reach out if you feel lonely. We think of holidays as happy times, but if you've recently lost someone or can't be with loved ones, it's okay to feel sadness and grief.

Be flexible. Hold on to some traditions, but try to embrace new activities that are meaningful to others in your close circle. As families change and grow, traditions and rituals change, too.

Be good to yourself and unwrap holiday stress.

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