

Stress Busters!!!



Keep Your Holiday Stress In



10 Tips To Reduce
Stress During The
Holiday Season

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Even if you love the holidays -- we can all agree there is an increase in stress during this season. The most wonderful time of the year may come with a price that goes beyond the busy schedules, increased weight and frantic holiday shopping. Bah humbug!

Let this year be different and keep your holiday stress in check. Put a focus on lowering your stress this holiday season without added pressure. The best way to manage your holiday-induced stress is by preparing for it. Taking a natural approach to stress might hold the key to surviving the holiday season this year and beyond. Cheers to a joy-filled holiday season ahead!

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Accept/Ditch Your Holiday Expectations

There are going to be holiday events, baking mishaps, shopping dramas and family members that you cannot control or change. Let it go. Worrying can lead to feelings of high anxiety and can cause physical illness plus will never change the outcome. Roll with the uneasy moments, and you'll find that no matter what comes your way, you will enjoy your holidays with more ease.



Positive Attitude

The holiday's are a time to celebrate with your family and friends (even if they do stress you out!). Give positive messages to yourself instead of defaulting to negatives by reframing your perspective. Thoughts and worries are fueled by our own perception of events. Gather your family and help those that aren't as fortunate this holiday season. You'll be putting a smile on someone else's face feeling a positive attitude during the holidays.

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Manage your time

Make a list and check it twice this holiday season. Give yourself plenty of time to get things done. Set your watch or phone calendar to allow time to prepare for a holiday event, such as baking, shopping and what to wear. If you arrive early to a party, you can take time for some deep breathing, so you are feeling your best.



Say No

Learn to say “NO” this holiday season and schedule “quiet time” for relaxation, meditation, journaling or reflection. When you say “no” it creates a space to say “yes” to something else. What do you want to let go of this holiday season? Is it another trip to the mall, sending out holiday cards, making ALL the food for your gathering or attending a holiday party you don’t enjoy? Think quality, not quantity.

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Be Present

Be mindful. Slow down. When we surrender to the moment and focus on our senses, we will feel less tense. Quietly reflect on the simple beauty around you like how the cool air or sun feels on your skin. If you feel overwhelmed, take a brisk walk, do a few rounds of deep breathing and mentally scan your body to get a sense of how stress affects it each day this holiday season.



Mindful Deep Breathing

Take a 2-5 minute break and focus on your breathing- just noting how it feels to breathe in and out. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure. Reflect on what this season really means to you, whether it is about family, community, religion.

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Exercise Regularly

If you have an exercise routine, keep it during the holiday season. Do any type of physical activity every day from walking, taking the stairs instead of the elevator to working out at the gym. The American Heart Association recommends making a pact with yourself to get at least 30 minutes of physical activity each day. Your body can fight stress better when it is fit, and exercise can help managing stress. Find movement or exercises you enjoy.



Reach out

If you feel lonely or isolated this holiday season, research community, religious and other social events. And, seek out more social support from your friends, family and co-workers. Talk to others—preferably face to face, or at least on the phone. Meet new friends by taking a class or joining a club. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

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Eat Your Way Calm

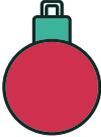
Don't let the holidays become a free-for-all. Overindulgence only adds to your stress, weight and guilt. Have a healthy snack or salad before holiday parties so that you don't go overboard on sweets, cheese or drinks. Avoid or limit processed foods, they tend to lack the nutrients your body needs. Eat healthy fats, more vegetables, add protein to every meal, and limit caffeine and alcohol.



Drink water

Drinking water can be soothing, and your body will benefit from the added hydration during holiday stress. It is very easy not to consume enough water and become dehydrated during the winter months. Being even slightly dehydrated decreases your mental energy and can impair your memory. Keep your brain hydrated for a calm and joyful holiday season.

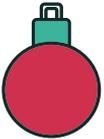
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Action Plan

What is one thing that you'll commit to doing differently to reduce stress this holiday season?

To help you with accountability, mark your calendar with your action plan/goals to reduce your stress.



Notes

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The New Year is coming.
What are your health & wellness
resolutions? Maybe I can help.

Relaxation is key to staying healthy all
year round. Schedule an energy work or
massage session today.



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