



COPING WITH HOLIDAY STRESS

Acknowledge your feelings.

Feelings such as sadness and anger are normal emotions during the holidays. Take time to express your feelings in a safe and healthy way.

Connect with others.

Seek out community activities or events, volunteer, or call someone you trust if you feel alone.

Take care of your body.

Move your body regularly. Consume sugary food in moderation and focus on foods which fuel your body.

Sleep.

Quality sleep improves mood and boosts energy. If sleep is difficult, perhaps try avoiding naps and creating a sleep routine.

Practice understanding.

Be kind to yourself and others during the holiday, as it may be a stressful time for some.

Plan ahead.

Prepare for the holidays ahead of time by scheduling your time and creating a routine.

Set limits.

Give yourself permission to say 'no' and set personal boundaries. Saying 'yes' when you want to say 'no' can lead to feeling resentful and overwhelmed. If you cannot say 'no', try moving something else in your schedule.

Take a break.

Take time for yourself and do something you enjoy with no distractions. Even if it's only 5-10 minutes, go for a walk, listen to your favorite music, take a deep breath, etc.

Stick to a budget.

If you choose to spend money during the holidays, consider how much money you can afford to spend on gifts and daily spending. Get creative to reduce your spending.

Have fun.

Enjoy yourself and keep stress to a minimum. Take time to laugh, connect with others, rest, and play.

Get connected.

Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.

The above information has been modified and compiled from the original works of University of Louisville Counseling Center.