

Holiday DE-STRESS TIPS

While often bringing joy, friendship, and the renewal of celebratory traditions, the winter holidays can also bring some additional stress. When stress is at its peak, it can be hard to stop, regroup, and find joy in the celebrations around us. Sometimes the holidays serve as reminders of a difficult time or bring about feelings of loss of control. The following self-care tips from Island Psychiatry & Behavioral Health can help empower you to stave off some of that additional stress this holiday season.

Acknowledge your feelings.

It's normal to feel a mix of emotions during the holiday season. It's OK to take time to process and express your feelings.

Reach out.

If you feel lonely or isolated, seek out community, religious or other social events or communities.

Be realistic.

As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Set aside differences.

Try to accept family members and friends as they are, even if they don't live up to all of your expectations.

Stick to a budget

Set a realistic budget before you start shopping. Also remember that happiness is not always bought, but rather shared with those you love.

Don't abandon healthy habits.

Keep your mind feeling good by keeping your body active and nourished. Overindulgence can often add to feelings of stress and guilt.

Plan Ahead.

Set aside specific days for shopping, baking, connecting with friends and other activities to avoid stress from last-minute scrambling.

Learn to say no.

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Seek professional help.

You are not alone. Talk to your healthcare provider if you find yourself feeling persistently sad, anxious, unable to sleep, irritable or hopeless.

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Four Mindful Tips and Affirmations



Accept Imperfection

- *I am enough.*
- *I matter and I am worthy.*



Respond with kindness

- *I can change how I can respond to stressful situation.*
- *I am kind.*



Don't lose sight of what really counts

- *Can I use this moment of frustration as an opportunity to reflect?*



Rethink your resolutions

- *Start small.*
- *I am capable.*



Try these tips to lower financial stress!

- Give homemade gifts
- Start a family gift exchange

Try these tips to lower physical stress!

- Have a healthy snack before holiday meals to reduce overeating
- Get plenty of sleep
- Try to take a daily walk

Try these tips to lower emotional stress!

- Deep breathing exercises and meditation
- Take a break from social media
- Do something you love by yourself for 15 minutes