HEALTH EDUCATION

Bernards Township Health Department
Promoting Public Health

Fend Off Holiday Stress

1. Plan ahead.
Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.

4. Create relaxing surroundings.
Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.

7. Respect differences.
Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive.

2. Say no.
With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.

5. Maintain healthy habits.
A short workout each morning will help your decision-making throughout the day. Eat healthy snacks like fresh fruit or vegetables throughout the season. Make sure to fill up before a dinner party or celebration with healthy foods.

8. Be realistic.
You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you.

3. Plan spending.
The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.

6. Share feelings.
Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.

9. Take a break.
Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body, and can relieve physical tension and stress.

Reference