



Reduce Your Holiday Stress

Many Americans look forward to the joys of the holiday season. However, eight out of 10 people find the extra demands that the holidays bring to be stressful, according to the American Psychological Association. Here are some tips that may help to reduce stress during the holidays:

- ✔ **Practice self-care.** Prioritize your own basic needs. Exercise regularly, get plenty of sleep, eat healthy meals, take deep breaths, and try meditation to relive stress. Caring for your mental wellness and practicing resiliency can help you better care for others, improve mood, and avoid exhaustion.
- ✔ **Focus on the true meaning of your holiday.** Chances are it's about more than just giving or receiving expensive gifts. A focus on experiencing gratitude for the good things in your life and connecting with loved ones can help bring joy.
- ✔ **Anticipate grief.** If you've lost a loved one, the holidays can seem even more stressful and lonely, especially if it's your first year without them. Taking time to reminisce with family and friends about holiday memories with your loved one can help ease grief.
- ✔ **Ask for help.** Asking for help for stress, depression and anxiety, or supporting a loved one in getting care, is the first step toward improving mental wellness.