



# SURVIVING HOLIDAY STRESS!

Here's a summary of the WELL YOU Holiday stress show!

WHAT stresses you out at this time of the year?

Traffic	Expectations
Long lines	Family
End of the year	Gatherings
Self Imposed	Traditions
Decorating	Presents
Who's	Cookies
Time	Food
Crowds	

SOLUTIONS:

## ***Decorating***

- Downsize
- Simplify
- Scheduled
- Backup plan

SOLUTIONS:

***Presents***

Don't buy any!

Make them

Set limits

Do cards

Personalize

Communicate

SOLUTIONS:

***Traffic***

Adjust times

Back roads

Early / late

Give yourself extra time

Music – Relaxing

Safe busyness

Serenity Prayer

+ Self talk

SOLUTIONS:

***Family***

Steer clear

Boundaries

+ self talk

Limit time

Be open

Choose to enjoy

Gratitude