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RESOURCES:

- [Beating Holiday Stress - WebMD](#)
- [Manage Stress - U.S. Department of Health and Human Services](#)
- [Risk Simplified - Managing Stress in the Workplace](#)

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Mitigating Holiday Stress

By Eric Lucero

The holiday season presents a range of demands including shopping, cooking, attending events, and entertaining to name just a few. As we hurry to finish everything in time, these demands can take an emotional toll. If not managed, holiday stress can overflow into other areas of our life, including work. Follow these tips to mitigate holiday induced stress this year.

Start with gratitude. Many studies indicate how the feeling of gratitude can offset negative emotions. Throughout the season, recall what you are grateful for, the people you love and cherish, and the opportunities you have been afforded.

Set a budget. Overspending in December can create feelings of regret and stress come January. Avoid starting the New Year with credit card debt by setting a budget and sticking to it.

Share tasks. Do not try to be the perfect host. Ask others for help, so you can enjoy social time with friends and family. Guests can contribute their favorite dish or help to clean up afterwards.

Make a list. Worried that you will forget to do something this holiday season? Declutter your mind by creating a list of tasks that need to be accomplished before the big party.



It's okay to say no. There can be an exorbitant number of events during the holidays, and it is okay to selectively choose your holiday outings. Saying "no" will prevent you from overcommitting to events that backlog your to-do-list or cause you to scurry from one event to the next. Think quality, not quantity.

Exercise, sleep and nutrition. Help your body fight stress with daily exercise and adequate rest. Eating a healthy, well-balanced diet while drinking plenty of water has been shown to reduce the hormone responsible for stress.

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Find support. The holiday season can stir emotions that may be difficult to handle on your own. A counselor, physician, or clergy person can provide professional advice to help. Most employers also offer Employee Assistance Plans (EAPs) which offer free counseling services to employees and immediate family members. Ask your human resources professional for additional information.

Conclusion. On the whole, the holiday season is short and there are many techniques to mitigate holiday induced stress. Enjoy a stress-free holiday season from your friends at PRISM.