

For a more joyful season: Tips on managing holiday stress

Between office parties, family gatherings, rich foods, traveling, and shopping for the perfect gifts, the holiday season can be quite stressful. Here are some ways to manage potential challenges so you can enjoy your time with family and friends.



Plan ahead and pace yourself

- Don't try to do everything. Before the season gets into high gear, take some time to plan what you will participate in and make time to rest and relax between events
- Making a gift list and checking it twice is easier when you do it ahead of the holiday rush. And consider online shopping so you can skip the busy stores altogether



Be safe and smart when traveling

- Bring extra medication when traveling, in case your trip gets extended due to poor weather conditions or travel delays
- Have a list of travel details and location info, from the numbers of cab companies to hotel check-in times to pharmacies in the area. Being prepared minimizes the unknown when traveling
- Pack practical and easy-to-wash clothes for your convenience, just in case you have any personal issues along the way



Most importantly, give yourself the gift of a break

- Take pleasure in the joys of the holiday season. Put aside the housework and errands and do something special for yourself. Have lunch with a friend or go to a holiday concert. The daily chores can wait
- If you're hosting a holiday get-together, don't feel like you have to be the host with the most to do. Consider asking guests to bring an appetizer, side dish, or a bottle of wine

Wishing you peace and joy this holiday season