

## Reducing Stress During the Holiday Season



The holiday season can be very stressful for many because of all the demands and expectations that we put on both our families and ourselves. All the pressures can leave us sleep deprived, irritable and unable to enjoy the company of others. Eventually some people start to dread the whole holiday scene altogether.

### How can we improve on this and have a happier holiday season this year?

- Try not to concern yourself with others' expectations of the holiday season especially at the expense of your own needs.
- Set a budget for your gift giving and stick to it.
- If you are uncomfortable with any family traditions then don't go along with it – you have to be able to live with yourself.
- Plan out your social events for the season and don't over book yourself. You will enjoy the events that you attend more if you are not over tired or stretched to thin.
- Spend the holiday season where you feel most comfortable, not where others tell you to be.

It may be difficult to change old patterns but it may result in a happier holiday season for both yourself and those you love.