

Tips for Managing Holiday Stress

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It is that busy time of year! All of us struggle with maintaining a sense of balance and calm in our daily lives. During this time of year, I struggle with juggling a demanding work schedule and maintaining my serenity with more demands for childcare and holiday celebrations.

Parents have suggested the following strategies to manage their holiday stress:

- Live your life one day at a time and relish the beauty of each day.

- Give yourself a five-minute respite in the morning with stretching, deep breathing, meditation, and gratitude affirmations.

- Read a daily inspirational thought.

- Make an achievable plan for the day. Eliminate or adjust activities as needed.

- Exercise daily and get outside for added recreation.

- Find 30 minutes each day for yourself to relax and

reflect.

Play with your children and be a child.

Bake cookies, make holiday decorations, and play in the rain or snow with your kids.

Bundle your children for a car ride at night. Look at the holiday decorations and lights.

Snuggle with your kids, read a story, and drink warm milk before bed.

Happy wintery fun!

Mary Ann