

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