

# REDUCE HOLIDAY STRESS TIPS FOR A JOYFUL SEASON



The holiday season should be a time of joy and celebration, but it can also bring stress and anxiety. Follow these tips to keep your holiday stress in check and enjoy the festivities to the fullest! Here are a few tips to help reduce holiday stress.

## **Set Realistic Expectations**

- **Prioritize:** Focus on what truly matters and let go of perfection.
- **Delegate:** Share the responsibilities and involve family members in preparations.
- **Simplify:** Choose quality over quantity in gifts, decorations, and events.

## **Maintain Healthy Routines**

- **Stay Active:** Incorporate regular physical activity to boost your mood and energy.
- **Eat Well:** Enjoy holiday treats in moderation and maintain a balanced diet.
- **Sleep:** Ensure you get enough rest to keep your energy levels up.

## **Practice Self-Care**

- **Take Breaks:** Schedule time for relaxation and activities you enjoy.
- **Mindfulness:** Practice deep breathing, meditation, or yoga to reduce stress.
- **Stay Hydrated:** Drink plenty of water to stay hydrated and alert.

Remember, the holidays are about love, joy, and togetherness. By reducing stress and taking care of yourself, you can create a more enjoyable and meaningful holiday season.

## **WE CAN HELP.**

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**