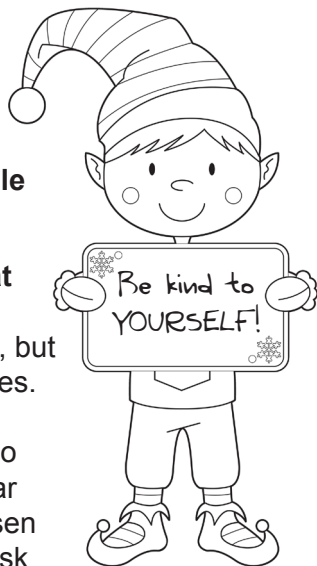


# Prevent the Holiday Blues by Managing Your Expectations

**Week #3 tip:** Most of us look forward to the time with family and friends and set certain expectations for the holiday. **Here are some quick and easy tips for managing holiday expectations so your holidays are enjoyable and full of wonderful memories:**

- ❄️ **Start with changing the expectation that you will live up to others' expectations.** We can't change what others expect of us, but we *can* change what we expect of ourselves.
- ❄️ **Cut down on the expectations.** Letting go of the notion that you should do a particular task or maintain a tradition will help to lessen the stress you are imposing on yourself. Ask yourself, "Will I really care about this next month?"
- ❄️ **Aim to live the life YOU want.** Feel free to start new traditions or simplify the holidays by concentrating on what is important to you — it can help cut down on the extra pressures you set on yourself. Make time for yourself.
- ❄️ **Be mindful and focus on the present rather than worrying about the future or dwelling on the past.**



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**The Heart of New Ulm Project is *everyone* in our community!** Holiday Trimmings 2018 is brought to you by a collaboration of community partners, including Brown County Public Health, Dittrich Specialties, Firmenich, KNUJ Radio, Minneapolis Heart Institute Foundation, New Ulm Area Chamber of Commerce, the New Ulm Journal and New Ulm Medical Center.



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