

# Are you an introvert? Or just dislike crowds?

## Manage stress by creating your Holiday Survival Plan

### Week #4 tips:

 **Don't feel like you have to be the center of attention.** For example, if there's a big family dinner, sit near someone you feel comfortable with rather than someone you only see once a year.

 **Go to a quieter room.** If you're at an open house, choose to sit in a smaller room with just one or two people to share a conversation.

 **Just say no to parties.** You don't have to attend every event that you're invited to. If there's a friend or family member you hoped to talk to at a party, arrange to meet them for coffee and catch up.

 **Make it low key.** Spend some time on yourself during the holidays. Being in nature can help you break free from holiday stress.



**Remember, it's the most wonderful time of the year!**

Breathe deeply.

Watch the snow fall.

Look at the lights.

Count the stars.

And give thanks.

**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.



**Holiday Trimmings:** Improve your well-being this holiday season!

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