

GuidanceResources®

## A Happy (Stress-Free) Holiday Season

Make this season a bright and bountiful one by giving yourself the best present of all: peace of mind. Turn the holidays into a happy, stress-free time by taking care of yourself, bringing balance to your work and home life and letting yourself relax and enjoy the season. Here's how:

- **Don't be perfect; be you.** Set realistic expectations for yourself. Keep your plans and activities simple.
- **Pace yourself.** Thanksgiving, Hanukkah, Christmas and New Year's Eve can all be busy times. Remember, the season lasts for weeks. Get organized, and break your preparations into small steps.



**Budget wisely. It is easy to buy on credit and ignore the bills until after the holidays. Set your limit ahead of time.**

- **Get into the spirit.** Deck the halls. Decorate the yard. Too often adults miss out on the simple pleasures of celebrating the holidays.
- **Take time out for yourself.** Unwind and pamper yourself. Try relaxation techniques, meditation and deep-breathing exercises, or even just a bubble bath.
- **Embrace family.** Look forward to reuniting with relatives this holiday. Cherish the connection with loved ones, and make an extra effort to embrace everyone by being as relaxed, positive and cheerful as you can.
- **Celebrate safely.** Give your body a gift this year by treating it with respect. Try not to overindulge in sweets and goodies. Know your limits when it comes to alcohol.
- **Make New Year's resolutions.** Setting goals challenges us to aim for higher fulfillment and self-improvement as we look forward to a better and happier new year with plenty of joyful gatherings.

For more tips on keeping the holidays healthy and happy at work and at home, consult the online [Holiday Resource Toolkit](#).



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