HOLIDAY STRESS MANAGEMENT

*Tis the season to be…..frizzled?*

It’s that time again. The holiday season is just around the corner and along with the camaraderie, gift giving, and entertaining comes an unwelcome guest – stress. And it’s no wonder. During the holiday season we often experience too much of a good thing. Too many activities, even if they are fun, can lead to holiday stress and leave us feeling frazzled. But with some useful tips, you can minimize the stress that comes with the holidays and you may even end up enjoying them more than you thought you would.

**Manage your holidays**
- Be realistic, holidays don’t have to be perfect.
- Make a budget and stick to it.
- Don’t try to do everything - learn to say no.
- Avoid overindulgence.
- Make time for yourself.

**Quick Stress Relief**

Got a minute? Get a massage – a self-massage, that is. These techniques can help relieve tension around your head, neck, shoulders, and hands so you can get out there and enjoy the holiday season.

- **Soothe your scalp.** Place thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

- **Ease eye strain.** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Gently increase pressure for five seconds, then release. Repeat 2-3 times.

- **Relieve shoulder tension.** Place your left hand on the right side of your neck by your shoulder. Firmly press your fingers into the muscle while tucking your chin in toward your chest. Hold for 10 seconds, release, and then repeat on the left side.

- **Massage your hands.** Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

Don’t let the holidays become something you dread. The great thing about holiday stress is that it is predictable. We know holiday stress will begin and end, and we can make plans to reduce the amount of stress we experience. With a little planning and some positive thinking, we can find peace and joy during the holidays.