



Adult Health Bulletin



Holiday Stress Management



Welcome to the Holiday Season, a season of joy, laughter, family, friends, gifts, good food and stress!! The anticipation and excitement around the holiday season starts right after Halloween, builds up through Thanksgiving and will continue until the clock strikes 12:00 a.m., 1/1/09, marking a new year:

Tips to Manage Holiday Stress

Avoid doing too much.

Do things in moderation. Too many activities, even those things considered fun, can leave us feeling more tired than fulfilled.

Stick to your budget.

There will always be a bigger and better gift to buy, but if it puts us in debt, it may not be worth it. This year, determine what you can spend without going over your budget. Keep in mind that it's the thought that really counts.

Make a list and check it twice.

Making a list is another way to not overspend and stick to your budget. List all of the people that you have to buy gifts for and next to their names list what you would like to buy for that person within your budget. This way you will be less likely to overspend or to make an impulsive buy.

Use credit wisely.

Charge only an amount that you can safely repay in a few months. If you have multiple credit cards, limit your charges to one card.

The thought really does count.

The best gifts don't always have the biggest price tag. They are fun or useful, and chosen with the person in mind. Using your talent and skill to create gifts from your sewing room, craft corner, kitchen, or garden adds a special touch of love.

Do less with more love!

A gift of time is the most precious gift of all.



Over scheduling, overeating, hurrying here and there, jangled nerves, family tensions, shoulder-to-shoulder crowds, major credit debts for gifts we often do not even need or appreciate . . . Ho, ho, ho, Is this the season to be jolly?

Take heart. That wellspring of peace is still within us and around us. For many of us, though, it is buried beneath our restless minds, hurried lifestyles, and exaggerated desires. The good news is that we can replace holiday stress with holiday peace.

YOU CAN TURN HOLIDAY STRESS INTO HOLIDAY PEACE & JOY BY:

- * Counting your blessings
- * Concentrating on what you have and not on what you don't have
- * Maintaining a positive attitude
- * Not worrying about the things you can't control
- * Exercising and eating nutritional foods to keep yourself going
- * Avoiding caffeinated beverages
- * Trying to get some rest. If possible, get eight hours of sleep each night.
- * Getting a massage or doing something just for you!
- * Spending quality time with other people

HOLIDAY BLUES



Traditionally the holiday season is associated with times of good cheer and friendly feelings. The reality, however, is often something else—depression. In fact, depression is rather common both during and after the long winter holiday season. Seeking help for depression does not mean that something is wrong with you. It does **not** mean that you can't handle your own problems. It's just smart. Getting help when it's needed is a sign of strength and intelligence, and not of weakness.

One of the best ways to combat holiday depression is by participating in activities with other people. It's much harder to be depressed when you're doing something worthwhile with people you enjoy.

Sources

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<http://stress.about.com/od/holidaysurvivalguide/ht/shopping.htm>

<http://www.ca.uky.edu/hes/fcs/holiday2003/HolidaycanBeaSourceofFamilyStress.htm>



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