

MENTAL HEALTH MOMENT

MANAGING HOLIDAY STRESS



The holidays often present multiple demands: cooking meals, shopping, baking, cleaning & entertaining, to name just a few. In 2020, you may be feeling additional stress, or you may be worrying about feeling isolated due to COVID-19. You may also feel stressed, sad or anxious because your holiday plans have been limited due to the pandemic. Here are tips for managing holiday stress in 2020

START BY ACKNOWLEDGING YOUR FEELINGS

Take a moment to observe your feelings. The holidays represent something different to each person. For many, the holidays can be a time to grieve due to loss, whether recent or in the distant past. Don't place unfair expectations of "what the holidays should be" and instead focus on what you are feeling. It's OK to take time to cry and express grief. Realize that for most people, the holidays are a time of mixed emotions - Times of joy and grief.

SET ASIDE DIFFERENCES

For a variety of reasons, 2020 has been a polarizing year. Set a family rule to "set aside differences" by mutual agreement not to discuss divisive topics during the holidays. Instead focus on celebrating the season. Set aside grievances for a more appropriate time for discussion. Acknowledge others' choices on how they choose to celebrate the 2020 holidays season. Recognize that others are likely experiencing high levels of stress & anxiety too.

STICK TO A BUDGET

Don't try to buy happiness with an avalanche of gifts. Decide in advance how much you will spend on the holidays. Has COVID-19 impacted your finances? Gift your time or your talents instead of your money. Look for safe volunteering opportunities in your area. Make homemade gifts or baked goods. Consider a family gift exchange.

ALONE? GET ACTIVE

If you find yourself alone, get active. As one therapist says, "Stress & anxiety hate a moving target!" Many communities are maintaining outdoor decorations. Walk through an outdoor display in the evening. Drive around to view decorations. Listen to holiday music. Connect with friends & family virtually when needed.

Source: Mayo Clinic

Struggling? Fearful of how you will manage the holiday season? You are not alone. Now is the time to seek professional help. Seek private & confidential support through the prepaid counseling you have provided by your Employee Assistance Plan today.



Telephone counseling is now provided by the Bowen Center
To schedule private and confidential counseling sessions:

1 800 342 5653



www.bowencenter.org