

Tips to Manage Stress During an Unusual Holiday Season



This has been a very challenging year, and for many people, the holiday season will look very different this year. Because of this, it's really important that we pay attention to our emotional health as we navigate through the holidays. Here are some healthy tips that can lower our stress during this unique holiday season.

➤ Self-Care

- ✓ Eat Healthy and Nutritious Foods
- ✓ Exercise daily
- ✓ Get a good quality of sleep
- ✓ Stick to a daily routine if possible
- ✓ Surround yourself with people that are positive, and add joy and peace to your life
- ✓ Try to do one thing you enjoy each day (self-love is not selfish – we need to fill our own cup before we can pour into others ☺)
- ✓ Look for opportunities to laugh
- ✓ Reduce your work load if possible so you can keep from feeling overwhelmed (minimize your daily to do list and work on saying “No” without feeling stress or guilt)

➤ Managing Stress and Processing Our Feelings

- ✓ Relaxation Techniques
 - Deep Breathing
 - Meditation
 - Journaling
 - Guided Imagery
 - Progressive Muscle Relaxation
 - Emotional Freedom Technique (EFT Tapping)
 - Yoga
- ✓ Healthy ways to improve our mental and emotional health
 - Forgiveness (forgiving ourselves and others can help us to process any anger, guilt or resentment we may be feeling)
 - Positive Self-Talk (let's make sure we are being positive in what we say to and about ourselves - Turn down the volume of your inner critic and choose to be your best coach or cheerleader)
 - Gratitude (it may seem harder this year to find things to appreciate, however, there is still a lot we can be thankful for – celebrate your wins no matter how big or small ☺)
 - Healthy Self-Soothing (choose healthy coping strategies when experiencing stress - steering away from coping that only gives us a short-term relief – such as turning to alcohol or unhealthy foods – visit my website in the resources area to see my document on Self-Soothing)
 - Reframing our perspective on challenges (for example; instead of focusing on what we can't do this holiday season, let's see if we can come up with new traditions or ways to embrace some moments of joy)
 - Practice mindfulness and grounding techniques (visit my website in the resources area to see my document on Tips to Manage Anxiety)
 - Discover your passions and take some small steps to gain momentum towards achieving those goals (your future self will thank you ☺)

➤ Boundaries

- ✓ There may be conflict and tension between family members about how to handle the upcoming holidays. What's important is for families to clearly communicate ahead of time what kind of expectations they have. We can share our limits, our boundaries and what we need to feel safe. Please don't feel guilty about skipping family dinners or get-togethers this year. Do what you feel is best for you and your family.
- ✓ Recognize that people in your life are who they are (find constructive ways to minimize their impact on your life).

➤ Connecting to Others and Getting Support

- ✓ Being able to connect to others over the holiday is very important. Things are definitely different this year, but please remember that it's okay if you decide to stay home and remain apart from others. There are still many other ways we can stay in touch with family and friends (phone calls, Skype, Facetime, Texting, Zoom, Facebook, Google Hangouts or Email)
- ✓ Plan some fun activities at home with those that are in your 'bubble' ☺
- ✓ Reach out to others for support; Family, Friends, Life Coach, Therapist, Join a support or meetup.com group (in person or online), Volunteer (virtually or in-person) or Adopt a pet (animals are amazing and they can help reduce our stress and bring more love into our lives)

The best gift we can give ourselves and others around us is Peace.

Please remember that you are resilient and can get through tough things. Believe in yourself and your ability to handle any challenges that may come your way.

If you ever feel like coping techniques are not enough, or if anxiety and/or depression get to be too much, please reach out to a mental health professional.

If you feel suicidal, please call the suicide hotline; 1-800-273-8255

♥ **Never let a stumble in the road be the end of your journey** ♥



Melissa Wright
Transformational Coach

www.yourlifetimecoach.com