

TBC's 10 Easy Holiday Stress Busting Tips

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Christmas. Purim. Kwanzaa. Eid-al-Fitr. Diwali. Lunar New Year...

Holidays abound all year round. They bring joy, excitement, and friends and family together. But they sometimes bring sadness, fear, and anxiety. Try out the tips below to keep your holidays full of fun, family, and friendship.

1. **Be in the moment.** Enjoy and savor the conversations and interactions as they occur. If they don't uplift you, take yourself out of them.
2. Say **"NO"**, mean it, and stick to it. This applies to people, events you don't want to attend, or any thing that forces you to overspend or overextend yourself. Become a broken record if you have to.



3. **Avoid regrets.** Decide beforehand what you'd regret not doing or who you'd regret not seeing - then do that.
4. **Decide how you want to feel.** This means monitor and change thoughts that don't encourage feeling good.
5. **Create your own tradition(s).** Just because your family always did things a certain way doesn't mean you have to do the same.



6. **Don't allow others to "guilt-trip" you.** If someone who has harmed you (*in whatever way*) in the past will be present, don't allow others to tell you things like: "forget about it"; "get over it", "they didn't mean it", to try and force you to attend or interact with them. Refer back to # 2.
7. **Get moving.** Exercise helps you feel better, think more clearly, quiets your busy mind, gives you more energy, and staves off stress hormones. Invite others to join you for a walk or a pickup game.
8. **Learn to delegate.** You can't do everything or please everyone. Share the responsibilities so you can have some enjoyable extra downtime.
9. **Make yourself a priority.** You have to fill your own well first, so you can be there for others who may need you. Keep close to your regular routine, like exercising, food plan, meditating, etc.,
10. **Spend some quality time alone.** Make sure you take care of your emotional and spiritual self by nurturing, loving, and being good to yourself.

