

Beat Holiday Stress

Year after year you may say the same thing everyone else is telling themselves, "I will only do what I can handle". But with all the planning, commitments, shopping, and work, keeping that promise during the holiday season isn't always so easy. The joy and cheer of the season can easily be overshadowed by [stress](#) and exhaustion. As you multitask your way through the season, here are some tips to help you cope with holiday stress:

IF YOU'RE BUSY AND STRESSED OUT

- Jot down holiday tasks in a daily to-do list, and make sure it's on one page and can be carried with you wherever you go.
- Decide what you could delegate to someone else. If you're shopping for the groceries, perhaps your spouse can pick up the holiday decorations and the kids can help with chores around the house.
- Take time for fun activities such as a massage, exercising and hanging out with friends.
- Consider buying prepared foods instead of trying to make everything yourself.
- In general, reduce the number of activities that are more stressful than joyful. Just say 'No'.

IF YOU CAN'T AFFORD THE GIFTS YOU'D LIKE TO GIVE

Remember that people who care about you will be more interested in the fact that you thought of them than in the cost of your gift. Find a poem someone would enjoy and frame it. Or, bake something special for someone.

IF YOU GET ANXIOUS AT SOCIAL GATHERINGS

- Go with a friend.
- Don't drink alcohol, coffee or smoke anything- you will feel more in control.
- Exercise before hand.

IF YOU'VE LOST A LOVED ONE, AND THE HOLIDAYS ARE ESPECIALLY TOUGH

Find a way to remember your loved one. Play the person's favorite music, for instance, or visit his or her grave, making sure to bring along family or friends who can help you cope.