

DECEMBER *Safety Talk*



You work hard all year and look forward to the holidays... You plan, budget, make bookings, organize packing, dream of excitement and fun... Or maybe your perfect holiday is quiet time at home with friends and family...

And then the stress kicks in! – tempers fray, you fall ill, last minute glitches threaten to upset the plans and you wonder where you went wrong...

You are quite normal if you experience **mood changes** and **anxiety** during the holiday season...

Here are basic tried and tested ways to beat holiday stress.

10 Holiday Stress Management Tips

1. Be realistic about what you can and cannot do. Saying “no” is an art form during the holidays. Your first priority should be taking care of yourself -- if you don't, nothing will get done. Remind yourself that the holidays are about enjoying yourself and your family.

- 2. If you are lonely, try volunteering** some of your time to help others. Even if you are not lonely, it is a great exercise to get you and your children involved in a service project. Really takes the focus off your stress.
- 3. Limit your consumption of alcohol,** since excessive drinking will only increase your feelings of depression. Contrary to popular opinion, alcohol is a depressant.
- 4. Practice gratitude.** We can all think of at least 5 things to be grateful for – and this is a very effective holiday stress management and stress relief tool.
- 5. Keep track of your holiday spending.** This is a very important holiday stress management tip. Overspending can lead to depression when the bills arrive after the holidays are over.
- 6. Plan ahead.** To reduce holiday stress, avoid doing everything at the last minute. Make a list or schedule and try to stick to it.
- 7. Laugh!** It is as simple as that... Laughter has many stress relief benefits and can defuse any tense situation.



- 8. Make time for yourself.** Give yourself a break; create time for yourself to do the things YOU love to do.
- 9. Try something new.** Don't expect the holidays to be just as they were when you were a child – good or bad. They NEVER are.
- 10. Don't expect people to change.** Personal relationships can create huge strain during the holidays. All you can do is to be responsible for how you behave. Remember, you have no control over how your relatives behave.

