



Coping with Holiday Stress

While many look forward to the holidays, others dread the season. If you feel stressed, the obligations at holiday time can take their toll on even the most cheerful of people.

Ask yourself what about the season makes you feel stressed. Your feelings may be triggered by the following:

- Unhappy childhood memories
- Difficult family relationships
- Negative feelings about your life over the past year
- Lowered immune defenses because of colder temperatures, high incidence of the flu, eating more and sleeping less
- Financial stress

Consider the following tips to help reduce stress this holiday season:

- Enjoy the present and try not to focus on what may be lacking.
- Do not simply do something or go somewhere because of tradition, especially if it makes you unhappy.
- Ask others for assistance. For example, ask a relative to host the family get-together or make it a potluck.
- Make time for yourself and your needs, even when hosting guests in your house.
- Keep tabs on your holiday spending. Make a budget and stick to it, no exceptions.

FEATURED ACTIVITY

For this month's activity, please view the educational holiday stress video led by Linnea Ritter and fill out the Teams Form.

How to Participate: Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.



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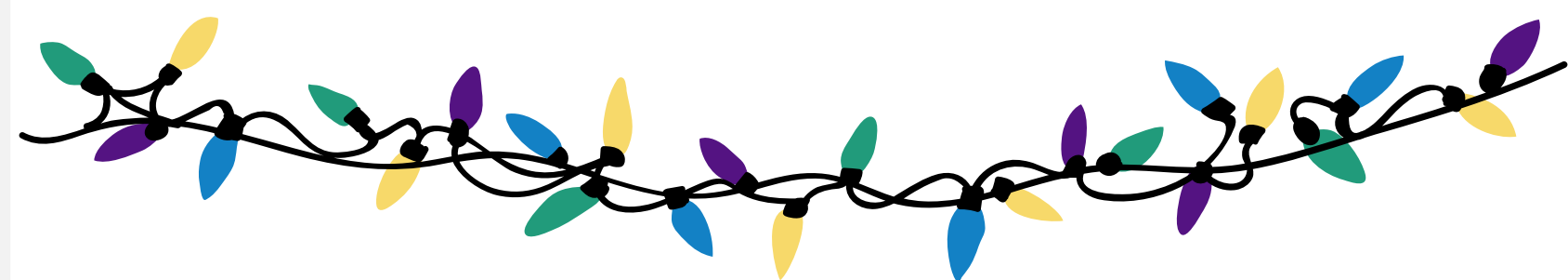


Principal Enrich : Money Mindfulness

The holiday season can be a financially stressful time of year. We want you to know there are resources available to help you plan and budget while using the tools of mindfulness and meditation.

Take a peek at the Money Mindfulness resources from Principal Enrich to dive deeper into how you can support yourself in this aspect of your well-being.

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