

BROUGHT TO YOU  
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# TAKING THE STRESS OUT OF THE HOLIDAY SEASON

IN A 2015 SURVEY, 62% OF RESPONDENTS REPORTED THEIR STRESS LEVEL AS "VERY OR SOMEWHAT" ELEVATED DURING THE HOLIDAYS. THE HOLIDAYS ARE SUPPOSED TO BE A JOYOUS TIME OF YEAR WHERE WE CAN SPEND TIME WITH OUR LOVED ONES. SO HOW CAN WE MAKE IT LESS STRESSFUL FOR OURSELVES?

PEOPLE OFTEN NEGLECT THEMSELVES THE MOST DURING THE HOLIDAY SEASON. THE HOLIDAY SEASON CAN BE STRESSFUL AND BUSY. SO BE SURE TO TAKE SOME TIME TO RECHARGE. REMEMBER, THE HOLIDAYS AREN'T JUST ABOUT OTHERS, IT'S ALSO ABOUT TREATING YOURSELF!

WATCH THAT MOVIE THAT YOU'VE BEEN PUTTING OFF. TAKE THAT HIKE IN THE PARK NOW THAT IT'S COVERED IN SNOW. CATCH UP WITH THAT FRIEND YOU HAVEN'T SEEN IN 6 MONTHS. OR EVEN START A NEW PROJECT THAT YOU CAN TRY OUT NOW AND CONTINUE IN THE NEW YEAR.

THIS YEAR, MY CHRISTMAS RESOLUTIONS ARE TO TREAT MYSELF AND WORRY LESS ABOUT FINDING THE PERFECT GIFT FOR EVERYONE!

ALSO, AVOID OVERINDULGING. BUT GIVE YOURSELF PERMISSION TO INDULGE IN THINGS THAT YOU WOULDN'T OTHERWISE. YOU DESERVE TO HAVE SOME CHOCOLATE! AND YOU'VE HAD ENOUGH VEGETABLES TO JUSTIFY THEM! (OR, AT LEAST, THAT'S WHAT I KEEP ON TELLING MYSELF...)



ALSO, TOO MANY PEOPLE PUT PRESSURE ON THEMSELVES TO FIND THE PERFECT GIFT FOR EVERYONE. HERE ARE SOME TIPS TO KEEP IN MIND WHEN TRYING TO FIND THAT PERFECT GIFT FOR YOUR LOVED ONES THIS SEASON:



DON'T LEAVE EVERYTHING UNTIL THE LAST MINUTE.

THE CHRISTMAS EVE RUSH MIGHT BE A TRADITION FOR SOME, BUT WORKING YOUR WAY THROUGH A CROWDED MALL TO FIND GIFTS FOR EVERYONE ON YOUR LIST MEANS THAT THERE'S GOING TO BE EXTRA PRESSURE TO FIND ANY SUITABLE GIFT (YET ALONE THE PERFECT ONE). IT WILL ALSO, LIKELY, FORCE YOU TO SPEND MORE THAN YOU WERE ANTICIPATING (RESULTING IN FINANCIAL STRESS). IF YOU'RE ONLINE SHOPPING, 1-DAY DELIVERY ISN'T GOING TO HELP IF YOU ORDER THE PRESENT ON THE NIGHT OF DECEMBER 24TH!

REMEMBER, HOLIDAY GIFTS DON'T HAVE TO BE MATERIAL.

SOMETIMES THE BEST GIFTS ARE THOSE WHICH BRING PEOPLE TOGETHER. A DINNER OUT WITH A GROUP OF FRIENDS, A DATE-NIGHT GIFT FOR THE PERSON AND THEIR SIGNIFICANT OTHER, TICKETS FOR A CONCERT OR SPORTS GAME, OR EVEN ORGANIZING QUICK WEEKEND TRIP...THESE OFTEN BEAT A TRINKET THAT THEY MAY NEVER USE OTHERWISE.



REMEMBER THAT WHAT YOU WOULD LIKE AS A GIFT DOESN'T FIT EVERYONE.

CONSIDER THE PERSON THAT YOU'RE BUYING FOR: SOME PREFER PRACTICAL OR STIMULATING GIFTS, WHILE OTHERS PREFER GIFTS THAT ARE UNIQUE AND THOUGHTFUL. "HOW TO SURVIVE IN THE DESERT" MIGHT SEEM LIKE AN INTERESTING READ TO YOU, BUT MIGHT NOT BE TOO HANDY FOR YOUR PRACTICAL FRIEND WHO LIVES IN THE ARCTIC!

AND FINALLY, KEEP IN MIND: IT'S THE THOUGHT THAT COUNTS.

