

Holiday Stress Management or general stress management.

The holidays can be a stressful time for everyone, especially if there is pressure for them to be perfect or idyllic. Here at Community Care Physicians, we believe it is always good to get help when you need it. Speak with your doctor about the best route to take when it comes to managing stress, but in the meantime, here are some handy tips.

You are not alone. Someone is always around to help, whether it's a professional, friends, or family. Never be afraid to ask for help or reach out to someone if you need to.

Learn to say no. If you feel you are taking on too many activities during the holiday season, it is okay to decline. Make sure to take time for yourself if you need it, this way you aren't overloading yourself and adding unnecessary stress.

Feel your emotions. Just because it is the holidays does not mean you must guarantee a good mood or happiness every day. Suppressing your feelings and emotions can lead to depression, so it is important to allow yourself to feel pain and sadness. Talk with someone you trust about your feelings.

Stay healthy. Try not to let the holiday season deter you from your regular healthy activities, such as exercising and eating well. If you are dieting as suggested by your doctor, consult them on how best to continue your agreed upon diet. It is important for everyone to not overeat during the holidays, so don't starve yourself in anticipation of a big meal. Make sure to have a healthy snack before parties so as not to overindulge on sweets and junk food. Alcohol should always be consumed smartly and carefully.

If you are feeling stressed or anxious, here are some tips on coping.

Try deep breathing. It helps to count in fours. Deep breath on four, hold it for four, let it out in four.

Practice Mindfulness. If breathing is too much of a struggle, try focusing on wiggling your toes or practicing mindfulness in other ways. Count your steps as you walk, listen to an upbeat song you love and really listen to the lyrics. Go for a walk. Being in nature has many health benefits, especially lowering stress. Try finding a creative outlet, such as collaging, writing, drawing, or even coloring in a coloring book.

Stick to everyday necessities! Remember to take care of yourself, especially when stressed! It can be easy to forget the things that matter the most, such as drink enough water and eating food regularly. Try not to go for junk food or alcohol when you are feeling stressed, neither will make you feel better and your body won't thank you.

Breaks. If you need a break, it is okay to take one. If you are at work, ask your boss or supervisor for a quick break, and clear your head. The best productivity comes from having time to fully process your thoughts.

CCP's Behavioral Health Services

<http://www.communitycare.com/News/Articles/Integrated-Behavioral-Health-Latham-Medical-Group>

For more info:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

<https://my.clevelandclinic.org/health/diseases/4388-stress-managing-holiday-stress>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

<https://www.apa.org/helpcenter/manage-stress.aspx>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>