

# Stressbusting Your Holiday

The holidays are supposed to be fun, but sometimes, they're just stressful. These suggestions may help you get through the holiday season with fewer worries and more fun:



- ▶ Are you anxious about holiday weight gain? Try these tips:
  - Avoid overeating at a party by having a healthy snack before you arrive. Drink lots of water during the party.
  - Balance holiday treats with fresh fruits and vegetables.
  - Make working out a priority. If you don't have time for your full exercise routine, try to fit in a brisk walk.
  - Don't beat yourself up for the occasional overindulgence. Focus on getting back to a balanced meal schedule.
  
- ▶ Want to shop smart? Here's how:
  - Make an itemized list of what you want to gift to each person, and research the costs before you buy. Stick to your budget.
  - Keep your focus on what the gift will mean to the recipient. A framed photo, hand-made gift, or used copy of a favorite book or movie may have far more meaning than a big-ticket item.
  - Don't wait until the last minute. Start early so you have time to shop for good deals.
  
- ▶ If you're worried about managing your time:
  - For parties, plan a buffet instead of a sit-down dinner. If other guests offer to bring a dish, take them up on it.
  - Stock up on key nonperishable holiday items in advance (and especially if on sale). This will minimize the hit on your budget and decrease the need for last-minute shopping.
  - If your schedule is starting to stress you out, cut back on obligations.

LifeMatters is available 24/7/365, including holidays, to help you manage holiday stress, anxiety, or family conflicts. We can also review your holiday budget or suggest ways to pay off holiday-related debt. Call anytime.

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