



Safety Matters®

# NEW ME. KNOW ME. CALM ME.

Education and Encouragement for a Healthier, Happier Life.

## Knowing and Managing Stressors this Holiday Season

Stressors are a part of our everyday life and may stem from personal relationships, challenges, and work - then add the holiday "hustle and bustle" and it almost seems unmanageable. No fear, here is a quick list of helpful tips to help you manage the added pressures and stress that this time of year may bring.

1. **Take a Break From the Stressor(s).** Find a place to escape, relax and refocus your energy on yourself.
2. **Get up and Exercise.** Research proves that the benefits to your mind and body from just a quick 30-minute walk, run, swim or bike ride will help you to regroup and minimize stress.
3. **Relieve the Tension with a Smile.** Stress shows through facial expressions - try finding something that relieves that tension, makes you smile and potentially laugh. They do say that "laughter will always be the best medicine".
4. **Reach out for Support.** If you feel overwhelmed, talking through it will help alleviate the added pressure and validate your feelings. Call a friend, family member or a colleague you trust.
5. **Meditation & Mindfulness.** There are many types of meditation including yoga, acupuncture, and visualization which all help you to clear the mind and refocus on the positives and not the negatives. Taking a few minutes will allow you to reset and re-energize your mind and body.
6. **Set a Budget and Stick with it.** It is not about how much you spend, it about the thought that really counts.
7. **Manage your Schedule and Commitments.** If you are booked to the brim, just say no. Don't feel bad if you can't be at every gathering.
8. **Keep it Simple.** Keep focused on the "reason of the season".
9. **Don't try to Make it Perfect.** Not ever did anyone say that the holidays were supposed to be about perfection.
10. **Make Time for Yourself.** Making time for yourself and taking a breather to clear your mind might make a world of difference.

## Learn More. Know More.

Visit [our website](#) for links to more resources and tools.

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