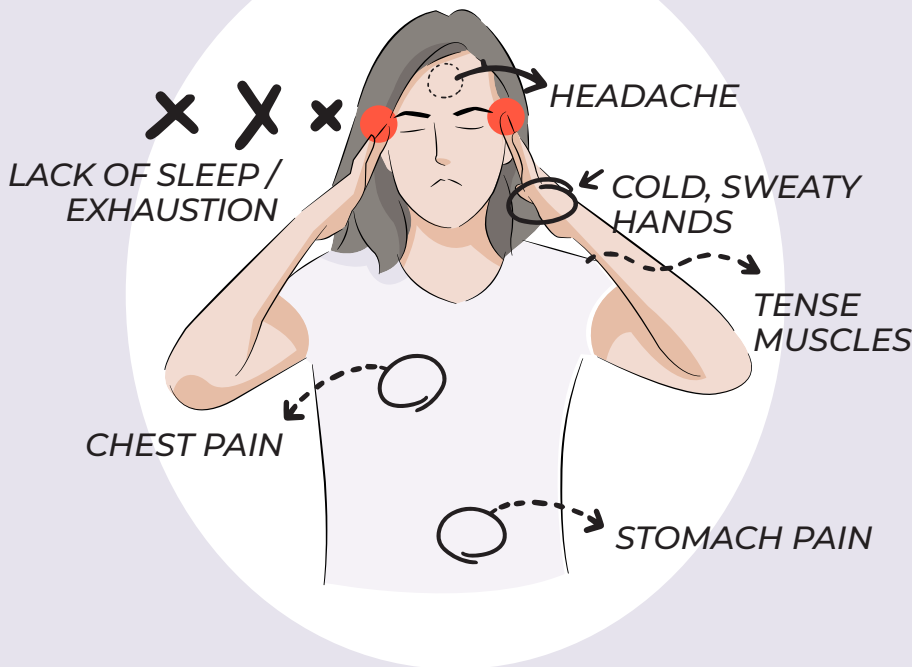


HOW TO HANDLE HOLIDAY STRESS

You are not alone. In one study **88% of Americans** felt stressed while celebrating the holidays.*

Common experiences of stress felt during the holidays were fatigue, stress, irritability, and sadness.**

SOUND FAMILIAR?



SET LIMITS/BOUNDARIES

- **Acknowledge** what is in and out of your control.
- Work on **rebuilding/establishing** a routine. It is helpful to focus on the parts of your day that you have control.
- Say **“no”** if needed! It is okay to not attend every celebration/party.
- **Set limits** and be planful in how you spend money during the holidays.
 - Create a budget and stick to it.
 - Give creative gifts. It is the thought that counts and people will still appreciate it.

TAKE TIME TO REPAIR CONFLICTS OR MISTAKES

- All relationships have moments where there will be conflict, disagreements, or moments when we have “rupture”. Acknowledge that this is typical of relationships and then take the time to think of a way to “repair”.
- Open up a conversation to repair and see if the person (e.g., a parent, child) is ready to talk about the mismatch or conflict. Here are some questions:
 - Let’s pause for a second. I’m wondering if we are on the same page.
 - I want to be sure I’m supporting you. What would be helpful to you in this moment?
 - It sounds like what I suggested wasn’t helpful at all. I’m sorry I missed the mark. Could we think a little more about it together?
- Remember that repair takes two – we can only control our own thoughts, feelings, and behaviors.

TAKE CARE OF YOURSELF

- **Deep breathing** is a valuable tool for calming the nervous system.
- Pay attention to your inner voice and ask, “would I say this to my best friend”? If the answer is no, then give yourself some kindness, patience, and understanding.
- Do something that you **enjoy!**
- Reach out and **accept help** when you need it. People helping others also gain benefits.
- Take care of your health! ***Eat nutritious food, get quality sleep, and stay physically active.***
- Make an effort to slow down and check in with how you’re feeling. Have you been short with others? Do you feel like yourself? All emotions are okay!

REFERENCES AND RESOURCES:

For links to additional resources or information visit:
www.neinfantmentalhealth.org



Nebraska Association
for Infant Mental Health

*Perrigo, via PR Newswire

**American Psychological Association