

# 4 ways to COMBAT HOLIDAY STRESS

*Nearly 80 percent of people are stressed during the holidays, according to the American Psychological Association. To help keep stress from getting the best of you, try these tips:*

## Be selective about activities

It's the time of year for office parties and traditions spent with family and friends. Instead of trying to do it all, choose just a few activities that you know you can handle – and say “no” to the rest. If you're worried about offending someone, offer to see them another time, such as a lunch date in January.

## Remember to take time for yourself

Whether it's a walk outside, sitting quietly with a favorite book, or a warm bath, you need time to recharge. If you don't care for your own mental well-being, you may feel more stressed and overwhelmed.

## Get plenty of rest

Although you might be tempted to stay up late wrapping gifts or cleaning your house, don't. Instead, aim to get at least seven to eight hours of sleep. Getting enough sleep helps you to focus and deal with stressful situations.

## Have a plan

If you are hosting the family holiday dinner, make a schedule. Plan house cleaning tasks over several days or a week. Make a grocery list and plan to shop a couple of days in advance. Wrap gifts as you buy them, so you're not trying to wrap everything in one night.