

## Coping with Holiday Stress



If you are looking for ways to make this holiday season more enjoyable and relaxing, we'd like to share a few tips to help you reduce the impact of holiday-induced stress.

- 1. Communicate:** Be assertive, ask questions and create clear boundaries based on your needs. Clear, direct, and respectful messages help us communicate our needs and desires without violating the rights of others. Maybe you decide to share the boundary you've set due to Covid, so you politely decline the dinner invitation but suggest virtual dinner instead.
- 2. Connect:** Large gatherings might be out of the picture this year, but it's still important to reach out to friends and family. Get creative with video meals or writing notes to one another. Maybe you're up for *volunteering* to connect – even something as simple as delivering a plate of cookies to a friend can boost your mood.
- 3. Practice Gratitude:** Writing down what we appreciate can help us let go of stress. Challenge yourself to keep a list from now until the end of the year, jotting down one thought each day. Take it a step further by sharing this with a friend, family member, or on your social media page.
- 4. Pass on Perfect:** Embrace good-enough and let go of the perfectionistic thoughts that may be holding you back. Setting aside the picture-perfect standards that you see on others' Facebook pages or holiday cards may lift a heavy weight off your shoulders.

Learn to Live online programs and coaches are here as you journey through the highs and lows of the season. Take an assessment today or start a program at [www.learntolive.com/partners](http://www.learntolive.com/partners) and use the code **INTACT1** to get started. If you're already a member, simply sign-in with your username and password.