

Here come the holidays.

6 self-care tips to reduce holiday stress

Tips for nurturing your physical and mental health before stress runs you ragged this holiday season

- 1. Consider doing less.** Rather than taking on more responsibilities or saying “yes” to that invitation to hang out with friends, take a pause and ask yourself: Are the benefits of accepting this invitation worth the potential stress?
- 2. Make time for reflection.** Whether you write down stressful thoughts to get them out of your head, or keep a regular diary that focuses on gratitude and positivity, taking time to reflect on your feelings and write them down has a calming effect.
- 3. Take a vacation.** No time ever seems perfect to pack your bags and book a trip, and yet it is incredibly important to slow down and take time away.
- 4. Commit to regular exercise.** Making time for regular sweat sessions helps your body reduce the mental and physical impact of stress.
- 5. Soak up the sun.** Nature has healing properties and getting outside can help ease a bad mood or calm anxious feelings.
- 6. Practice meditation.** To help stimulate your relaxation response, try intentional breathing and a basic meditation practice.

These tips were derived from an article written by Jessica DuBois-Maahs, Contributor on the Talkspace blog.

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