



Susan Salenger

HOLIDAY STRESS TIPS

How to destress about stress.

HOLIDAY STRESS TIPS FROM SUSAN SALENGER

FEELING STRESSED? HERE'S HOW TO DESTRESS ABOUT STRESS:

Remember, the holidays are famous for being stressful. You are not alone. Identify the source of your stress and try to be positive about it.

Realize we generally get stressed about things we care about. And many of us care deeply about the holidays. Caring is a positive.

Remember, holidays are not about perfection. The food doesn't have to be fabulous, the decorations don't need to be exquisite, and while families can be tough at times, take a few deep belly breaths and deal with it as best you can. It's positively temporary.

Feeling positive can help you feel hopeful and resilient. Remember: stress, while challenging, can also be a learning experience.

- Go for a walk. Being outdoors is a natural stress reliever. Any physical activity will help relieve stress.
- Listen to music.
- Try meditation. There are free apps on your phone to get you started.
- Don't dodge the unpleasantness or procrastinate, freak or check out. Use the energy the stress gives you to help get the job done.
- Watch a comedy. Laughter is good for your mental and physical health
- Keep a journal. Sometimes writing down your feelings helps relieve them.
- Focus on potential opportunities the stress provides.

Trying to get rid of your stress is like emptying out the ocean with a bucket. Don't let your stress become a self-fulfilling prophecy. Changing your mindset about it can only be good for you.



Happy stress-free holidays!

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Sources: Catherine de Lange, *New Scientist Magazine*,
Susan Salenger, *Sidelined: How Women Manage & Mismanage Their Health*