Resources *for* Living®

Dial down your holiday stress

As much as the holidays can bring joy, they can also lead to added stress. From deciding how to celebrate to preparing and following through, it can be easy to forget to set aside time to relax. Recent losses can also weigh heavily at this time of year. We may feel as if we're "supposed" to be happier than we really feel.

Practicing a few healthy habits can make a big difference in your enjoyment of the holidays.

If you start feeling overwhelmed or just want to check in on your emotional well-being, give us a call.

### Boundaries give you space to de-stress.

Say "no" to requests that don't work for you. Negotiate better terms for the events you want to attend – you don't have to cook for 10 if takeout will do.

Read this article to learn more

Self-care helps you feel and be your best.

Getting enough quality sleep, eating right and sticking with your exercise routines can all add up to less stress.

Find healthy eating tips during the holiday
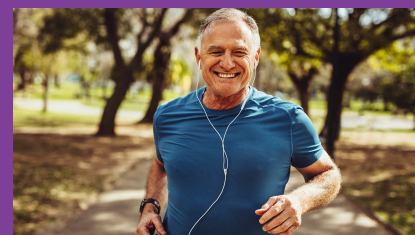
Giving back can actually release feel-good chemicals in your brain.

If you can see the results of your kindness, it can feel even better. The best memories often involve lighting up the faces around you.

View this infographic to find ways to give back

We hope these resources help you feel like your best self this holiday season. And if you can ever use some support, reach out. We're here for you 24/7.