



## LifeSolutions Corner

December 2015

### Holiday stress

**"Oh, no! I did it again —December's here and I haven't started my holiday preparations! I'm so stressed! How can I pull off a great holiday celebration, continue keeping up with work tasks, and not end up being exhausted and irritable during the holidays? LifeSolutions . . . HELP!!"**

Holidays are a time for celebration and fun. But if you're stressed and exhausted, that won't happen. So this year, it's time to make some "intentional changes."

Here are suggestions to help reduce the hassles and tension and to rekindle the joy of these special times:

#### **Keep it simple.**

Eliminate some things. Does the whole house need to be decorated? It's about doing less so you'll enjoy it more.

#### **Delegate tasks.**

Involve the whole family in holiday preparations . . . and try to let go of attempting to control how others do things.

#### **Adjust your attitude.**

Keep expectations realistic – you will be disappointed if you expect a "perfect holiday." It's unrealistic to expect kids to sit quietly for hours or to expect feuding family members to get along just because the calendar indicates it's a holiday.

#### **Reconnect with the child within you who looked forward to this holiday.**

Make sure you do one thing to carry on a tradition that you've always loved about the holiday you are celebrating.

Call LifeSolutions at **1-800-647-3327** for support and some additional ideas on how to keep balanced during this season. It's free and confidential.

Also, visit **www.lifesolutionsforyou.com** (call us if you don't know your company code). Click on the green arrow that says, "Visit our WorkLife Portal." Type "holiday stress" in the Search category for more information on coping with holiday stress and stress in general.

*This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.*

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or call us for your company code:

**ask@lifesolutionsforyou.com**  
**1-800-647-3327**  
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