

7 TIPS FOR MANAGING THE HOLIDAY SEASON

The holiday season and all of its demands can cause increased stress. Here are seven practical tips to avoid struggling through the season.

The information contained in this document is for general information purposes only and does not attempt to provide medical, mental health, or any other type of health care service. This presentation is not intended to be an alternative to medical treatment, and the content may not apply directly to specific circumstances. The information is provided by UK HealthCare and while we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, or suitability with respect to content.



CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Stick to a routine.

Consistency is important for your physical and mental health and can be soothing for you & your family.

If you break a routine, be intentional.

Follow the broad strokes of a schedule, but you can always add special treats — extra screen time or a slightly later bedtime for kids. If breaking a routine, communicate plans clearly.

Schedule some downtime.

If running around during the holidays has you feeling frazzled, try to schedule more downtime. You will be more pleasant and present if you take care of yourself.

Less is more.

Consider making some changes to your holiday traditions that not only ease your load, but that could also be a hit with the rest of the family.

Remember, it's the thought that counts.

Financial pressure is a huge source of stress during the holidays. Consider giving smaller, more sentimental gifts rather than expensive purchases.

Focus on doing nice things for others.

Think about visiting a nursing home or donating toys as a way to create positive holiday experiences. It will make your family more appreciative of all they have.

Change it up.

For families coping with loss during the holidays, try changing up your holiday routines. If you know you can't get through the same traditions without a loved one, do something different — start a new tradition.

Minimize the use of substances that impact mood.

Having a drink or two with friends may be OK, but remember not to overdo it. Using substances to manage stress isn't a long-term solution. Finding simple ways to cope and including down time in your life are more effective in managing stress and reducing emotional vulnerability.

Help is within reach

You don't have to do it all alone. It's normal to struggle with anxiety or depression during the holidays, and new telehealth options make therapy more accessible than ever before.