



Tips for Managing Holiday Stress

Don't let holiday stress stop your seasonal merriment.
Follow these tips for a happy, healthy holiday season!

Get your Spending Under Control

- Know your spending limit and stick to it
- Budget for all holiday expenses
- Pay regular bills ahead of time
- Pay cash
- Don't borrow
- Make a list and stop shopping

Manage Your Mind

- Be flexible
- Get support from family, friends, and co-workers
- Don't expect perfection
- Accept that you will not please everyone
- Delegate responsibilities
- Don't over commit yourself

Do These Daily!

- Get plenty of sleep
- Eat right & exercise
- Laugh
- Limit TV watching
- Enjoy the simple things in life!



Adapted from "Tips For Managing Holiday Stress" by
Methodist Health System. Created by AmeriCorps Member
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