

Nurse's Nook...Take The Stress Out Of The Season...

The holidays mean different things to different people. But one common theme is that they can leave families feeling physically, emotionally, and financially drained. Below are some tips for navigating the season and getting ready to start the New Year off on the right track:

- Create your holiday spending strategy. Will you buy small gifts for several people or more expensive items for just a few? Forgo gifts altogether? Or do a one-name-one-gift holiday grab bag? Build your plan and budget early. Then, stick to your plan as much as possible.
- Set realistic expectations and priorities. Old memories and feelings often surface around the holidays, and it can be easy to feel disappointed. Remember, it's OK to adapt traditions to better suit new circumstances, to not attend certain holiday parties, to say no to requests to visit...etc. Consider what feels manageable and what you'd like to do, and try to let go of any preconceived ideas of what the holidays "should" be.
- Take a time out. As little as 10-15 minutes may refresh you enough to handle what you need to do. Find [something that reduces stress](#) by clearing your mind, slowing your breathing, and restoring inner calm.
- Plan a "stay-cation." It's a great opportunity to do those local things you never seem to have time for, work on projects around the house, or to just relax, sleep in, and enjoy the free time.