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MANAGING HOLIDAY STRESS

The kids are home, money's tight and you're trying to juggle the demands of school and family without letting anything slip through the cracks. Is it finally the holidays or quarantine? Holidays are supposed to be a special time when family and friends come together to celebrate, but due to COVID-19, many of us may celebrate alone, socially distanced or virtually this year. Things are different for all of us this holiday season and these changes can trigger feelings of loneliness, anxiety and stress. The SAP is here for you and your family and includes a variety of counseling and online wellbeing resources to help you feel emotionally and physically balanced during this challenging time.

1. **Maintain a Routine.** Even though your regular routine has been disrupted, you can still have some structure to your day. Create a realistic schedule with times set side for important activities like work time, school time, screen time, exercise and free time. Try to maintain your normal sleep schedule. It can help you function better during the day, stabilize your mood and give a boost to your immune system.

2. **Keep Moving.** Although it might be tempting to binge-watch all of your favorite holiday movies, too much screen time and sitting can make you cranky, bored and irritable. Make time to be physically active every day, even if it's just a short socially distanced walk. It'll help reduce your stress give you a healthy burst of endorphins to improve your mood.

3. **Schedule Downtime.** No matter what time of year it is, taking the time to rest and rejuvenate is always a good idea. Have an in-home movie night with your family. Take a nap. Make sure each family member has scheduled "me" time for some peace and quiet.

4. **Stay Positive.** Even if this moment seems stressful, can you find a way to make it pleasant? Connect with someone else in a postive way with a kind gesture, or try to notice what's around you with fresh eyes and an open mind. Even though the holidays are stressful, try and remember to laugh. Laughter is the best medicine and it's free.

Helpful Links

- 5 Tips for Coping with Holiday Stress
- Preparing for the Holidays During COVID-19
- Self-Care Tips to Get You Through the Holidays

Contact Uprise Health

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