

Panhandle

Public Health District

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Take a Mindful Approach to Avoid Getting Tangled Up in Holiday Stress This Year

Managing stress is a critical component to living a healthy lifestyle and avoiding health complications. It's the most wonderful time of the year, but the holidays can feel stressful. To avoid getting tangled up in all the holiday stress there are several steps we can take.

Planning ahead and setting clear boundaries can help you avoid getting tangled up in stress this holiday season. Prioritize the gatherings and events that are most important to you. It is ok to politely decline events or activities to avoid feeling overwhelmed. Set a budget to determine how much you can realistically spend on gifts, food, and travel. And stick to it as closely as possible. Plan your time to schedule your shopping, cooking, wrapping, and especially your downtime. Think of ways to break up large tasks into smaller steps to help with feelings of overwhelm.

Prioritize your self-care during the holiday season. Stick to your routines as much as possible including eating healthily, getting plenty of sleep and physical activity during the season. Schedule short breaks to recharge each day. Limit indulgences in alcohol and extra foods to ensure that you have the energy you need. Focusing on the present moment and noticing the things you have to be grateful for can shift your perspective away from stress and toward feelings of joy and connection.

Many people navigate difficult feelings during the holidays. It can be a time when feelings of grief or loneliness show up, and that is ok. If this happens to you, know you are not alone. Acknowledge your feelings and reach out to supportive family members or friends. It's a good time to think ahead about how you will manage family dynamics if needed. Take a break when you need to. Connect with a professional if you need to during the holidays. You can also find support and information at <https://pphd.crediblemind.com/>

A mindful approach helps everyone enjoy a healthier, more balanced holiday season and avoid getting tangled up in stress.

For additional information about worksite wellness, visit www.pphd.ne.gov/pwwc.html or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with



a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Did you see the latest PWWC newsletter? If not, check it out here: <https://pphd.ne.gov/pwwc.html>

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.