

Health & Wellness

Tip of the Week

December is all about **Safe Holidays**. It is the perfect time to remind you about the importance of staying healthy and safe this holiday season.

Week 52
December 26, 2016

Keep Stress Away For The Holidays

Are the holidays a stressor for you? If so, you're not alone. Americans list lack of money (61 percent), the pressures of gift giving (42 percent), lack of time (34 percent) and credit card debt (23 percent) as top causes of holiday stress. Findings also show that one in five Americans are worried that holiday stress could affect their physical health. To deal with stress from the season:

- 🌲 Set goals that are within reach.
- 🌲 Find out what's causing stress and take action.
- 🌲 Nurture your well being.
- 🌲 Reconnect with family and friends.

Not only will you survive the holidays, you'll also thrive in the New Year.

Sources: American Psychological Association



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