

Health & Wellness Tip of the Week

Week 51 December 17, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



Holidays and Stress

Unrealistic expectations for the season often lead to great stress, money pressure and even depression. If the quest for the perfect holiday is making more problems than joy, think about ways to cope. Try these tips for keeping stress levels low and the holiday season more joyful for you and your family:

- **Stick to your routine.** That means getting enough sleep and not overdoing it on holiday treats or alcohol.
- **Take time to relax.**
- **Change what you expect** – things aren't ever perfect. Trying to make the holiday perfect will leave you feeling tired and not good enough.
- **Don't spend too much.** When you can, give homemade gifts like baked goods. Do things with your loved ones instead of buying high priced gifts.
- **Try saying no.** Don't do too much by trying to take part in all parties, holiday dinners or family events.

Source: American Psychiatric Association

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

