



## Health and Wellness

### Tip of the Week Week 51 December 21, 2020

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 always perfect. Trying to make the holiday perfect will leave you feeling tired and not feeling good enough.
- Don't spend too much money. Try to give homemade gifts, like baked goods. Or spend time with loved ones instead of buying high priced items.



*Source: American Psychiatric Association*

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