



Mission In Motion

Health & Wellness Weekly Bulletin

December 2012—Stress Management



December 3, 2012: Week 1

Overwhelmed by the holidays?



You're not alone. Many people feel stressed out during this hectic time of year. Try these tips to help manage holiday stress.

- Let the holiday spirit move you – physical activity helps relieve stress. Play football in the backyard; dance to holiday tunes; and stroll around your neighborhood to look at holiday lights.
- Overcome the urge to indulge – it's easy to overeat during the holidays, especially if you're stressed. Watch your portions sizes and nibble on only a select few holiday treats.
- Make time for yourself – give yourself some time to breathe and relax. Take a walk, enjoy a bubble bath or listen to soothing music of the season.
- Set realistic expectations – realize you can't do everything during the holiday hustle and bustle. Say no if you need to.

Source: Mayo Clinic



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