

Quarter 3 - 2020

NEWSLETTER

Managing Holiday Stress

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If you begin feeling pressured and stressed this holiday season, take a moment to think about what the holidays really mean to you. What made past years special? See if you can include those things on your “must haves” list while limiting some of the less significant events. It’s important to not forget the moments that bring you happiness during the holiday season. Try not to focus on the moments that are causing you stress.

It’s important to take some personal time for yourself to recharge during the holiday season. Taking a breather can help cut the crazy hustle and bustle, and help you find a way to relax and enjoy yourself. Choose to take a moment for yourself and just relax. Let everything quiet down in your mind. Focus on the present moment - pay attention to your breathing, feeling your chest move up and down. Stay in this relaxation moment for at least 10 minutes. This allows your mind to slow down and really take in the moment.

Set aside time for your favorite holiday story or movie. Create your own environment, one with new traditions that will sustain, nurture and calm you. Use lots of lights to help balance the shorter days.

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STRESS QUIZ!

How Well Do You Manage Stress

The holidays can be filled with good food, celebrations, parties and wonderful music. It can also be a time of stress. The following quiz is a quick measurement of your ability to resist stress. Rate each question below with a number 1 - 3.

0 - Definitely not true

1 - Usually not true

2 - Somewhat not true

3 - Definitely True

#1 Getting out of bed in the morning is easy for me. _____	#2 I have the freedom I want and need. _____	#3 At times I've sacrificed for an exciting opportunity. _____	#4 Sticking to my routine is not important to me. _____	#5 I vote because I think it makes a difference. _____
#6 I agree that you make your own lucky breaks. _____	#7 I agree with the goals of my company & boss. _____	#8 I've been "lucky in love" because I'm a loving person _____	#9 I believe I get what I give but I don't keep score. _____	#10 It's important for me to try new things. _____
#11 Free time is a gift I really enjoy. _____	#12 I work hard and I'm paid fairly. _____	#13 My family is a great pleasure to me. _____	#14 I speak up for what I believe in. _____	

Add your scores for #1, #6, #7, #9, and #13. This is your stress management score. The higher it is, the more control you feel over your own life. _____. Add your scores for #2, #3, #8, #10 and #14. This is your commitment score. The higher it is, the more committed you are to your life and the joy you get out of it. _____. Add your scores for #4, #5, #11, #12 and #15. This is your risk score _____.

Add up your three scores. This is your Stress Resistance Score (S.R.S.) _____.

If you scored 35 or above: You are very resistant to stress

27 to 34: You are somewhat resistant but could be more so; look at each item, and choose a few to work on.

18 to 26: You may benefit from looking at your attitudes and habits to improve your stress resistance.

Under 18: You are a sensitive person and stress is hard for you. You may find it helpful to work on one statement per month.

5 Ways to Relax Over The Holidays

#1 - Plan Fewer Activities

There are what feels like a million different things that you need to get done during the holiday season. If you try to do them all, the holidays stop being fun and become stressful. To help avoid this, pick a few things that are important to you, and just do those. Don't worry about everything else. There is always next year.

#2 - Play Music

Whether you like traditional holiday music or not, try out some music that will boost your holiday spirit and help reduce your stress levels. You don't have to keep it on all the time, but finding a way to incorporate holiday music into your life may help you feel the holiday spirit.

#3 - Shop Early

Don't wait until the last minute to do your holiday shopping. Buying your gifts late can be incredibly stressful. The crowds are heavier, the lines are longer and the gifts you're looking for could be hard to find. Shopping early helps avoid those hectic moments.

#4 - Take Some Time Off

If you have available PTO at your employment, think about taking off a few days during the holidays to make time to chill. If nothing else, use a couple vacation days to just get things done.

#5 - Get Outside

It's important to spend time out in the natural light to help your body produce vitamin D; which is key to helping us deal with stress. Whenever possible, spend a few minutes each day outside.

Family Fun for the Holidays!

One of the greatest things about the holiday season is having the chance to spend valuable time with your loved ones and showing appreciation for one another. Holiday traditions are important for every family, regardless of how you choose to observe the holiday season. They provide meaningful and cherished lifelong memories. Below are some suggested family fun ideas for the holiday season.

- ▶ Light Tour
- ▶ Popcorn Garland
- ▶ Hot Chocolate Buffet
- ▶ Holiday Movies
- ▶ Gingerbread House Party
- ▶ Christmas Festivals
- ▶ Wreath-Making
- ▶ Homemade Christmas Ornaments
- ▶ Donating to Charity
- ▶ Making Cookies
- ▶ Christmas Cookies
- ▶ Volunteering

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