

VitaMin



Vital health information in a minute

HOW TO HANDLE HOLIDAY HURDLES

The holiday season should be a time to relax and recharge. But stress can take over, especially when you're short on time, money or patience. Don't let the high-obligation, high-cost and high-pressure demands of the season get you down. Here are ways to overcome these holiday hurdles.

Hurdle #1: Many obligations

Do you make time for everyone but yourself? If so, you're on the fast track to overdoing it this holiday season. You may end up feeling completely drained and unfulfilled.



What you can do. Prioritize events and tasks that are most important to you. Learn to say "no" sometimes and take a break for you.

Hurdle #2: High costs

Do you worry about holiday bills? The cost of expensive gifts, dining out and parties adds up fast. All this overspending can lead to feelings of guilt or stress.



What you can do. Set limits on your holiday spending and find ways to cut costs. Give meaningful gifts that emphasize doing something together. Looking for free entertainment? Take your loved ones on a walk or drive to look at holiday decorations.

Hurdle #3: High pressure

Do you have high expectations for holiday gatherings? That could be a recipe for disaster, as holiday celebrations may not turn out as you had hoped. And there may be some family drama and tense moments.



What you can do. Manage expectations and move on quickly when things don't go as planned. You might try a potluck-style dinner instead of having one person cook a big meal.

Hurdle #4: Staying healthy

Do you tend to get sick – and feel tired – during the holidays? There's always a chance that you or your family members may fall ill during the holidays.



What you can do. Wash hands frequently to banish germs, and try to get seven to nine hours of sleep every night. Help keep your immune system strong by getting regular exercise and being mindful about the foods you eat.

This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and health care recommendations.



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