Hints for Having a Healthy, Happy Holiday Season

- Do not take responsibility for everyone else’s holiday happiness! Delegate or divide the work among those with whom you will be sharing the holidays.
- Do not reinforce whining behavior by paying attention to it. Don’t let someone else’s stress become your stress.
- View any task you take on as a choice you have made. Attitude makes a difference. “I choose to…” rather than “I have to…”
- Work at staying in the moment. Don’t worry about tomorrow’s tasks today. Give positive attention to the tasks before you at the moment.
- Eliminate a sense of competition. The holidays are not a contest.
- Do not be seduced by your own or other’s traditions. Do a “traditions inventory” to see if they are still valid, fit the need and are enjoyable.
- Give yourself gifts. Nurture yourself. Be a little selfish.
- Do things with your family and friends that you can all enjoy. Don’t pretend to be enthusiastic. Look for alternative activities that everyone will enjoy.
- Refuse to be lonely, even if you are alone. You can choose what you think and experience.
- Do not overspend. Avoid setting yourself up for “future stress” when the bills come in.
- Get rid of all the things you dislike about the holidays. Choose your activities and the manner in which you celebrate.
- Avoid self-defeating habits. You know those things that are harmful to your health and well-being. Do not overeat. Do not drink too much. Get enough rest.
- Give yourself time to remember and celebrate the true meaning of the holidays. Read familiar stories. Listen to music.
- Help others. Look for ways to give of yourself this season.
- Remain tuned to your emotions. Spend time alone and make time for relaxation. Share any feelings and discuss how to make the holiday season more enjoyable.