



## Tips to Help with Holiday Season Stress

For some of us, the December holidays are the “most wonderful time of the year.” But for others it’s a time of stress, with the pressure to buy gifts and attend social events. Here are some ideas to reduce stress during the holidays:

- 1. Set a spending limit.** Lack of money is one of the biggest stressors during the holiday season. Think of giving something personal that will be meaningful but doesn't cost a lot.
- 2. Get organized.** Make lists or use an appointment book to keep track of tasks and events. Share to-do lists with others. For example, spend time with friends and family while sharing responsibilities like decorating, wrapping gifts and preparing the holiday meal.
- 3. Learn to say no.** It’s OK to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
- 4. Be realistic.** Don’t pressure yourself to create the perfect holiday for your family. Focus instead on traditions that make holidays special. Remember, just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's OK to set limits on your time at events and visits.

If you start feeling stressed, try the following:

- **Take breaks from group activities.** Spend a little time by yourself if you can. Meditate, do some relaxation breathing or go for a walk.
- **Keep regular sleep, meal and exercise schedules.** Limit alcohol intake.
- **Get support if you need it.** Holidays can be especially hard if you are dealing with the death of a loved one. Talk with your doctor if you feel you need help with depression or other tough feelings.



### Happy Holidays to You and Your Family



Photo above, left to right: Amy, Jennifer, Jason and Lyrik

Our team at Rita's Care At Home assembled nearly 30 bags of goods for seniors and those in need. We're delivering them across Middle Tennessee throughout the holiday season.

Recipients included the Adopt-a-Senior drive and Angel Tree kids.

We have also teamed up with Assisted Living Locators to decorate a Christmas tree that will be displayed at Cloverdale Park Senior Living's "Festival of Trees." Our theme is Elvis!

We are so happy to be a part of this strong community. Be well and have a safe and happy holiday season!