



## *Work Smart Live Smart*

### **Holiday Stress**

#### **Tisn't The Season To Be Stressed Out**

**By**  
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Feeling a little stressed during the holiday season? Like many we tend to let our worry, expectations, poor planning, and over-indulgence get in the way of truly enjoying the holidays.

'The first step to a stress less holiday is to determine your most important goal for the season,' explains stress and wellness expert, Beverly Beuermann-King, who delivers stress workshops to companies across the country.

Stop, relax and start doing some planning. Relinquish those activities that have lost meaning or complicate your life. Get back to the basics and simplify.

Spending weeks or months finding the perfect gift for that special someone can be a waste of time. 'There is no such thing as the perfect gift,' says Beuermann-King. 'Bring back the meaning of the holidays by simply showing people you appreciate them. Ask for suggestions. It doesn't have to be the most unique or expensive gift to make a lasting impression.'

As you are out and about this holiday season and anxiety starts to build as you're waiting in the long line-ups in the stores, try deep breathing to calm yourself down, Beuermann-King suggests.

'Plan ahead for this wait time,' continues Beuermann-King. 'Catch up on some reading or organize your remaining tasks.'

Don't be afraid to alter tradition. 'Try simplifying things,' suggests Beuermann-King. 'Instead of a 15-course meal with you doing six hours of dishes, try using paper plates or asking your guests to bring a dish.'

'Tradition says we should spend time with our families, but if you don't like your family you shouldn't be spending time with them during the holidays,' said Beuermann-King. 'Find traditions that add purpose to your life and get rid of those that don't.'

Most of all, make sure to take care of yourself by resting well, eating a balanced diet and spending time with the people who make you happy.

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit [www.WorkSmartLiveSmart.com](http://www.WorkSmartLiveSmart.com) for more on Beverly and her wellness work.

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