



Work Smart Live Smart

Holiday Stress

Enjoy And Be Merry – It Is Possible!

**By
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'We ate too much.' 'We're never home.' 'We didn't get to spend any quality time with those we wanted to.' 'We spent too much money.' 'We feel exhausted.' 'Why do we even bother?'

If you want to avoid that stressed-out feeling this holiday season try implementing some new strategies and avoid some common mistakes. Like many we tend to let our expectations, poor planning, and over-indulgence get in the way of truly enjoying and de-stressing during our 'down-time'. The key to success in avoiding the 'holiday blahs' is to recognize those activities that energize, motivate, and please us, and to delete or change those activities that irritate, disappoint, and anger us.

Holidays provide opportunity for celebration, gift-giving, reflection, tradition, relationship and spiritual renewal, and relaxation. However, they often bring about family tension, crowded schedules, remembrances of lost loved ones, and/or additional tasks and expectations. By determining your goals for the holidays and by staying in control of your overall plan, you can help to ward off excessive stress and have a more enjoyable time all around.

The first and most important step to a less stressful holiday is to determine the purpose of the holiday? Is it a time to get reconnected, rejuvenated, or for spiritual reflection? Once you have decided this you will be better equipped to make decisions on how to handle your holiday planning.

Beverly's Top Tips To A StressLess Holiday

1. **Get back to basics and simplify.** Are you spending all day cleaning up from the holiday feast – use paper plates.
2. **Avoid 'holiday perfectionism'.** Thinking, saying, or planning for the best holiday ever can lead to certain disappointment.
3. **Stop and be in the moment.** Have you noticed the wondrous sights, sounds, and smells around you or have you been too caught up in the to-do's to notice?

4. **Acknowledge your feelings.** Take into account the losses that you have experienced, but remember to keep your perspective and to talk positively to yourself about the past challenges that you have overcome.
5. **Ask for help.** Remember your ultimate goal for the holiday and get support and assistance from those around you.

By keeping our calendars in check, our expectations in line, and simplifying our activities, we can have a meaningful, joyful, and fulfilling holiday.

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 for more on Beverly and her wellness work.

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