

## Holiday Stress-Managed

1. **\*\*Prioritize\*\***: Assess your tasks and prioritize what truly needs to be done versus what can be left undone. It's okay to simplify your plans and focus on what brings joy and meaning.
2. **\*\*Set Boundaries\*\***: Communicate clearly with family and friends about your commitments and limitations. It's important to set boundaries to avoid overcommitting to events or responsibilities.
3. **\*\*Practice Mindfulness\*\***: Take moments to breathe deeply, meditate, or engage in activities that bring you into the present moment. This can help reduce anxiety and keep you grounded.
4. **\*\*Exercise\*\***: Regular physical activity can help reduce stress levels. Even short walks or light exercises can significantly impact your mood and energy.
5. **\*\*Stay Connected, Not Overwhelmed\*\***: Ensure to maintain social connections, but also know when to step back and take personal time to recharge.

*Remember, the holidays are meant to be enjoyed, so find what works best for you and cherish the moments that bring happiness and peace.*