



Wellness Wednesday

Weekly health & wellness tips for Grand County.

It's the most...frazzling...time of the year....

Fending off Holiday Stress

Cooking, cleaning, decorating, wrapping... the holidays can be overwhelming. Activities intended to bring joy to the season can also bring stress and depression.

Some tips from the Mayo Clinic to help minimize holiday stress:



Plan.

Create menus. Make lists. Print a blank December calendar to plot recitals, concerts, parties and get togethers to hang on the fridge.



Politely decline.

Learning to say no is a powerful tool for managing stress any time of year, but especially during the holidays, when invitations to attend and participate can seem endless.



Budget.

The holidays have become a season of spending - from donations to extra food to gifts. Make a budget, stick to it, and remember that sometimes the most heart-felt gifts don't come from stores.



Relax, and don't neglect healthy habits.

Put on your favorite music. Bundle up and go for a walk. Balance holiday treats with fruits and veggies. Drink water throughout the day like it's your job.



Be realistic.

Scrolling through social feeds can amp up pressure to do **all** the things... Life isn't perfect, and neither are the holidays. Choosing not to (or not finding time to) take pictures in matching jammies doesn't make you less of a person/mom/dad/partner.

It's OK to not be OK.

The holidays aren't always joyous for everybody.

Make space to participate in the activities you enjoy - and decline those that have a negative impact on your well being.

And remember: While blasting carols and decorating cookies may make you happy, that's not the case for everyone.

Give space to those who choose not to participate in "fun" holiday activities.