

# FINDING A Holiday Balance

**Many factors can contribute to holiday-related stress. The demands of shopping, parties, family reunions, and houseguests can contribute to feelings of tension.**

Don't let stress get the best of you this holiday season. If you're feeling overwhelmed, try these tips:

- Keep expectations for the holiday season manageable by setting realistic goals. Make a list and prioritize important events and tasks. Spread out special activities so they can be fully enjoyed without rush or stress.
  - Allow plenty of time to complete your holiday shopping. Make a list of what to buy for each person and stay within your estimated budget.
  - Volunteer. Help others by giving the gift of your time and talents.
  - Enjoy free or low-cost activities, such as going for a drive to look at holiday decorations, window shopping, or taking a long walk in the crisp winter air.
  - Keep parties simple by having a buffet instead of a sit-down dinner. Serve uncomplicated dishes that are easy for you to make. Ask others to share responsibility for large gatherings.
  - If you overindulge at a holiday gathering, get right back into your normal eating and exercise routine.
  - Recharge your batteries by carving out some time for yourself or a favorite activity.
- 
- Spend time with supportive, caring people. Reach out and make new friends or contact someone who you haven't talked to for awhile.
  - Look toward the future. Life brings changes, including to traditions. Focus on today, not times gone by.

**LifeMatters®** professionals are available 24 hours a day, every day of the year to discuss a variety of lifestyle concerns.

**Call anytime.**

**1-800-367-7474**

Toll-Free United States, Canada, and Puerto Rico  
From overseas, call collect to **262-574-2500**

Visit **LifeMatters®** online at **mylifematters.com**

Language assistance services in your preferred spoken and written languages are available at no cost by calling **1-800-367-7474**.