



Hectic Holiday?

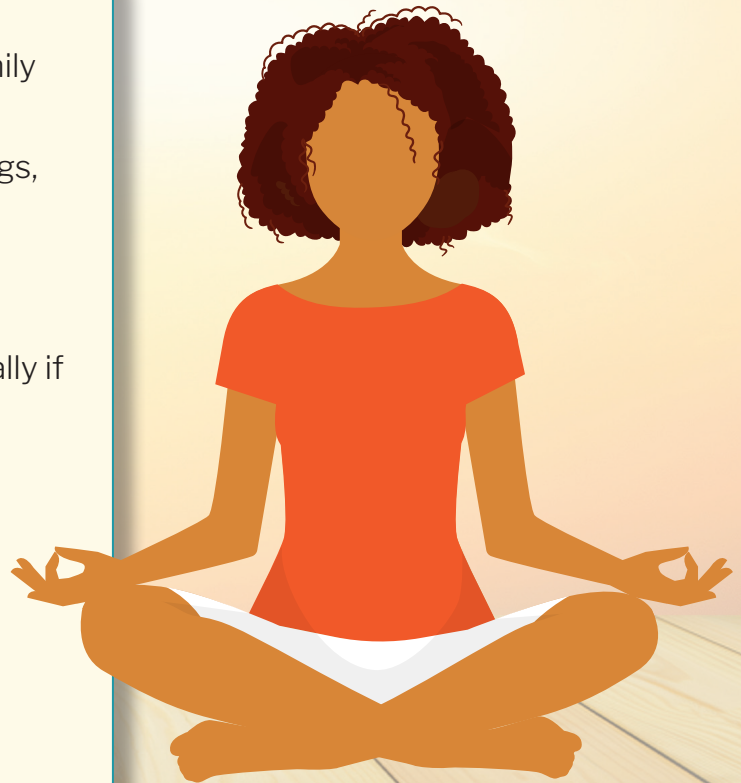
Battling Holiday Depression and Stress



Holiday-related stress and depression can cause headaches, excessive alcohol consumption, overeating, and insomnia.

To combat these side effects, it is best to identify the cause of your stress and then take steps to rectify them. Consider the following suggestions:

- Do not feel as though you **MUST** meet all family obligations.
- Ask others for assistance in hosting gatherings, purchasing presents, etc.
- Make a to-do list in chronological order to minimize stress.
- Consider volunteering to help others, especially if you are feeling lonely.
- Stay active and continue to exercise and eat healthy.
- Make time for yourself and your needs, even when hosting guests in your house.
- Do not overspend. Keep tabs on your holiday budget and stick to it.



Source: Zywave

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