

# TIPS TO REDUCE HOLIDAY STRESS



## SETTING BOUNDARIES

Setting moral, physical, emotional and financial boundaries can help reduce resentment towards others and improve family dynamics. Listen to your discomforts and create flexible but clear boundaries personal to you.

## MANAGING EXPECTATIONS

When we set our expectations high, we focus on what didn't happen instead of the good things that are happening around us. Comparing yourself to others and expecting the same experience as them, is unrealistic. You do not have to meet others expectations, it is okay to say no to obligations.

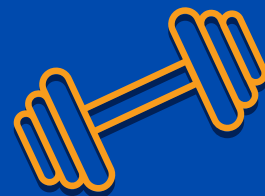


## BUDGET

Financial stress can be a lot, especially during the holiday season. Setting a firm budget can give you some control back and peace of mind. Know your limits.

## KEEPING UP HEALTHY HABITS

It can be easy to drop our healthy habits as the holidays come around. It's important to still take the time to continue exercise routines, to read or meditate. Whatever it is, it's important to take the time to take care of yourself.



## ASKING FOR HELP

Reaching out to others is not a sign of weakness. Asking for help can remind you that you are not alone. Leaning on someone you trust, calling a helpline, reaching out for resources could be exactly what you need.