

Creating a Peaceful & Joyful Holiday Season

Body, Mind, & Spirit Strategies

1. Take care of yourself.
2. Make time to be alone with yourself.
3. Maintain regular sleep, eating, and exercise patterns.
4. Recognize your limits and practice saying no/not yet.
5. Involve yourself in activities that you find fun and relaxing.
9. Revise your expectations so they are realistic and not leading to greater frustration.
7. Make gift giving simple and affordable.
8. Plan how to handle uncomfortable situations.
9. Find a helpful scripture or saying and carry it with you.
10. See things in perspective.
11. Recognize the woundedness and limits of those you find difficult.
12. Try to listen more attentively to others.
13. Count to ten at least twice before reacting to someone or something.
14. Offer a prayer or blessing for the situations that you and others are facing.
15. Reinforce your positive accomplishments in handling holiday stress.