

Tips For Dealing With Holiday Stress

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Even though the holidays are the most cheery and exciting time of the year, they are no doubt the most stressful time of the year as well. Check out these essential tips from Dr. Sanford Silverman of The Center for Attention Deficit and Learning Disorders to help you prevent holiday stress and prepare for the merry season with the jolliest spirit.



1. Focus

Everyone is always so busy during the holiday season and you'll find yourself trying to do everything all at once. Instead of creating stress upon yourself anymore, slow down, take a deep, proper breath and try focusing on one task at a time. Multi-tasking will surely only leave you frustrated.

2. Budget wisely

Plan a budget on how you are going to spend your money because finance plays as a big issue during this period. Especially with this stressful economic time, budget wisely and try to not get carried away with all the spending you have to do for the holiday.

3. Diet and Exercise

It is especially important that you keep up with a healthy diet, exercise regularly and get the right amount of sleep your body needs. You would not want to be feeling your worst when holidays roll around and thus, it is recommended to take care of yourself first.

4. Relaxation

It is always nice to treat yourself a little something too. Find some quiet time for you to relax and rejuvenate. During your alone time, think nothing about the holidays and what you have to do. Soothe over a cup of tea, read a book or walk around the park, just about anything. You will need time to reenergize yourself and you will be feeling good in no time when you sit down and relax.

5. Giving back

It is the idea of giving that will make anyone overall feel wonderful. Take some time of your own to volunteer, help take care and give those who are less fortunate a nice, warm and cheerful season. Giving back to those who need it more will show you the true meaning of the holiday season and will give you a great amount of cheer.