Approximately 30% of people experience worry & anxiety during the holiday season.

Top 10 Tips for Reducing Holiday Stress

1. Create realistic expectations, don’t try to make this the perfect holiday
2. Learn to say “no” to extra obligations that might stress you out
3. At least once a day practice a relaxation technique
4. Get involved in a volunteer activity where you help others
5. Tap into your creativity & create hand-made gifts
6. Eat & drink sensibly, & get plenty of exercise & sleep
7. Practice being a peacemaker if family squabbles erupt
8. Set a holiday spending budget
9. Create a new holiday tradition that doesn’t cost anything
10. Reflect on the deeper meaning & spirit of the holidays

For tips on how to prevent or reduce holiday stress, go to the Living Well Health for Stress Management Programs. Go to www.webmdhealth.com/ut and select “Living Healthy” on the top banner. Also, The UT Employee Assistance Program (EAP), a benefit of your UT employment, which provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. Visit http://www.livingwell.utsystem.edu/eap.htm to find your local Institution’s EAP Office.