

FOR IMMEDIATE RELEASE

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Stress Less This Holiday

December is here! Are you stressed by the number of days until holidays are upon us? This is why K-State Research and Extension (KSRE) is hosting webinars to prepare us for reducing stress and increasing joy during this season. Recorded past webinars and registration for new can be found at <https://bit.ly/ksrelivingwell>.

Here are some quick tips to get your holiday season off on the right foot! These are adapted from KSRE's Living Well Wednesday webinar, MSUtoday.msu.edu, and greatergood.berkeley.edu.

1. **Make Self-Care a Routine**

Your to do list is probably matching Santa's one that he is checking twice, but don't forget to take time for yourself. Learn your body's stress signs and practice that self-care daily and a habit. With self-care, consistency wins over intensity!

2. **Set Boundaries**

Self-care is often thought of as feeling good. Boundary-setting can be tough, but it is a form of self-care that in the long run will be healthy for you and your family. So whether it is setting boundaries on traveling, number of holiday activities attending, or with a family member, think through some talking points, make a plan, and stick with it.

3. **Practice Coping in the Moment Skills**

Coping in the moment can help with a lot of anxiety, including family and holiday anxiety.

- Try and stay focused on conversations and being present.
- Try not to get caught up in the anxious mind running away with various negative thoughts about a certain circumstance or family member.
- Taking breaks is helpful; find a quiet place for yourself and take in calming breaths — in through the nose, from the belly, out through the mouth.
- Try to focus on gratitude for being together. Ditch your expectations and instead notice what is actually happening in the moment, then find something within the moment to appreciate.

4. **Practice Accepting that things (including the holiday) won't be perfect**

Strange last tip right? But acceptance is a strangely effective strategy for feeling happier and more relaxed at any time of the year. When we accept a person or a situation we find challenging, we let go of the resistance that creates stress and tension. We can accept a difficult situation, and still make an effort to improve things. This gentle acceptance opens the door to our own compassion and wisdom; and we all know that over the holidays, we are going to need those things.

Looking for more tips on stressing less during the holidays? Join K-State Research and Extension virtually on **December 8th, at 12:15pm**, for a deep dive into communicating effectively with family members to reduce stress, create an inclusive environment and make the most of the holiday season. Learn more at <https://bit.ly/ksrelivingwell>.

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