

Wellness Tips for the Holidays

By Meghan, Wellness Coordinator

Holiday stress is a widespread problem. Nearly a quarter of Americans reported feeling “extreme stress” come holiday time, according to a poll by the American Psychological Association. The great thing about holiday stress is that it’s predictable. Here are some tips you can try to help reduce holiday stress before it begins.

- **Center yourself** so your presence is a present of peace. If you want your holidays to be less stressed, you have to start with yourself. A great way to find calm and ground yourself is to spend a few minutes every day in silence and meditation. Your energy of ease will spread to those around you. Be the change! Download a meditation app like “Insight Timer” for easy and free access to a variety of meditations.
- **Learn to say no.** Leave holes in your calendar for rest, quiet evenings at home, or impromptu gatherings. When schedules fill up remember to exercise. It is a stress reliever and is usually the first thing pushed off the to-do list. Plan ahead rather than giving up exercise during the holidays.
- **Give Back.** Keep in mind your celebration doesn’t have to be perfect. Commercialism can overshadow the true sentiment of the holiday season. Remember the reason for the season and try to make someone else’s day by being extra kind and compassionate. Give back to those who may need some help this year.

Community and Family Resources (CFR) offers substance use, mental health, and problem gambling treatment and prevention services. Counties served by CFR include Boone, Calhoun, Franklin, Hamilton, Humboldt, Pocahontas, Story, Webster, and Wright. In Fiscal Year 2019, CFR offered treatment services to 2,684 individuals and reached 8,075 individuals through prevention services in schools, businesses, and community groups. For additional information, please visit CFR’s website at www.cfrhelps.org or call 515-576-7261.

