



# REDUCING HOLIDAY STRESS AT HOME & SCHOOL

- 1. Practice Acceptance.** Bear in mind that “good enough” is more attainable and more satisfying than perfection, excitement, and even nervousness.
- 2. Take Time to Reflect.** Even if it’s just a few minutes, take some time for yourself each day to pause and reflect. A moment of reflection can help us weather a difficult situation, or simply give us room to breathe.
- 3. Focus on Priorities and Gratitude.** Use the reflective time you have carved out to focus on your priorities and practice gratitude rather than regret.
- 4. Practice Mindfulness.** You can practice mindfulness at any point in your day. Take a moment to gaze into the candles lit for Hanukkah or Kwanzaa, take in the smell of a Christmas tree, or listen closely to a piece of music that is meaningful to you.
- 5. Balance Structured and Unstructured Time.** Be sure to plan for both structured and unstructured time, balancing activity and rest. It’s great to have a lot of plans, but too many plans without rest can leave you exhausted.
- 6. Volunteer to Help Others.** Helping those in need feels good and can help us find the gratitude that otherwise eludes us. Serve a meal at a shelter, donate toys or clothing, or visit a neighbor who lives alone.