

# Holiday Stress

or

## Am I Having Fun Yet?



### *Some Impossible Christmas Rules*

1. Everything has to be perfect.
2. Money is no object.
3. Everyone must get along.
4. Everyone must be happy all day.
5. You must read people's minds so that you can choose just the right present.
6. Your gravy must be as good as, but not better than, his/her mother's.
7. Your children must act as if they are 65, well-trained, and willing to hear Uncle Ed's story for the 747<sup>th</sup> time.
8. The food must all be ready at the same time.
9. This holiday will be better (or different).
10. This day must be the most special day of the year.
11. You will be unselfish, take care of everyone else, and make sure other people are having a good time.
12. You will say yes to every social obligation or charity.
13. You must eat or drink too much and say it was fantastic.
14. Everyone loves holiday sport programs.
15. You will get in touch with every friend you know as part of the holiday spirit.
16. You will be fair in how you spend time with all your relatives. No one will feel short-changed.



### *Holiday Tips*

1. Critically examine the rules that have driven you crazy, in the past, and give some of them up.
2. Normalize the holiday; it is just another day and it isn't likely to be perfect either.
3. Take time for yourself, enjoy small things, delegate and ask for help.
4. Don't leave everything to the last minute.
5. Spend what you can afford.
6. Say no to a lot.
7. Maximize your time with the people you really like.
8. Avoid letting your use of caffeine, alcohol, and sugar make you even more tense and uncomfortable.
9. Take care of yourself; plenty of sleep and exercise to counteract the holiday rush.
10. Play, laugh, and enjoy as much as you can.
11. Pray, or meditate, and be gentle with yourself.
12. Losses can hurt more at holiday times, it's normal to have such feelings. Plan a way of expressing them or getting support. It is OK to hurt, but it doesn't have to ruin the whole holiday.



Employee Assistance Program

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