

Tis the Season to De-Stress

UK Health & Wellness Program

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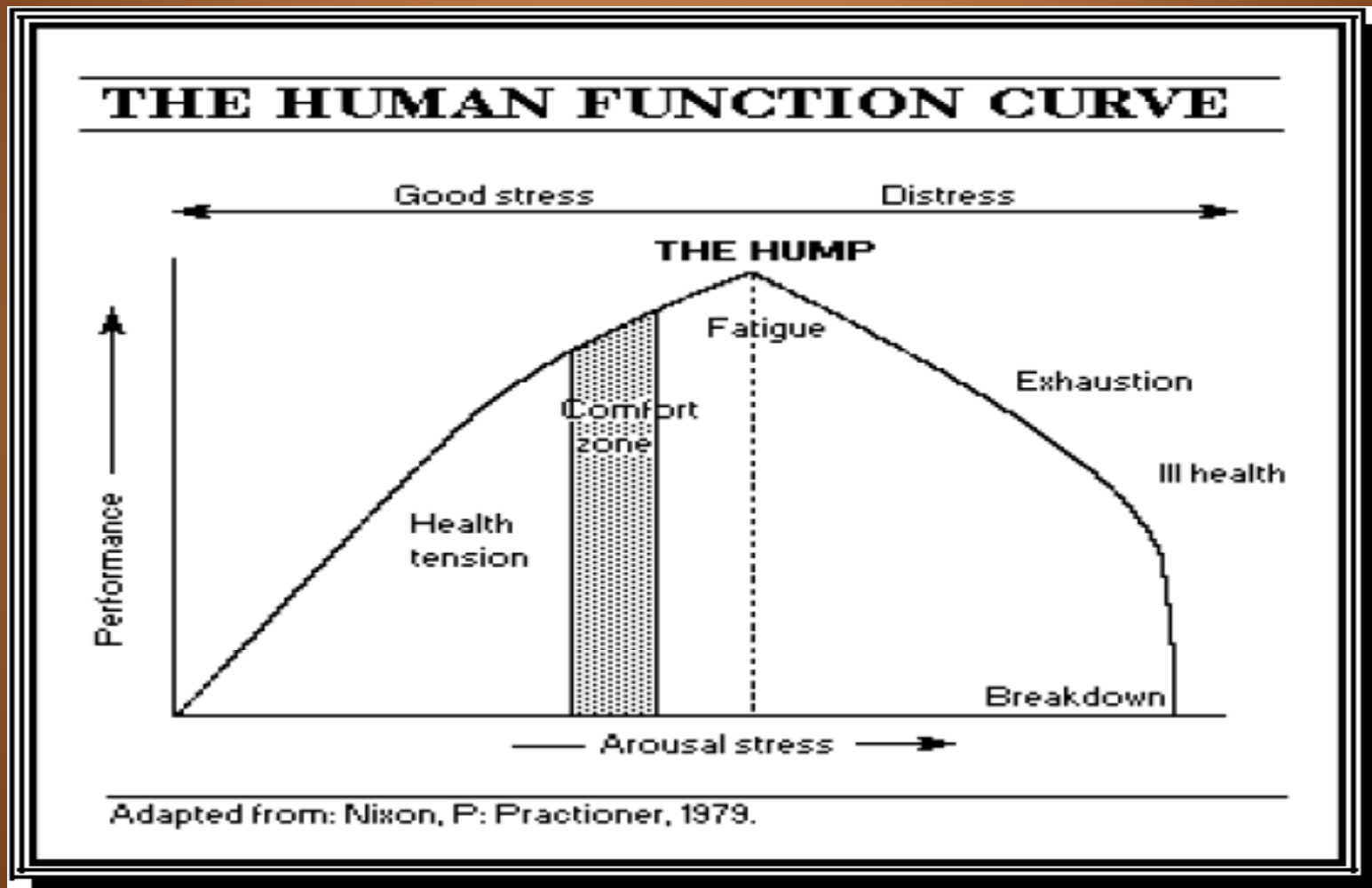
Health Promotion Specialist

How this may help you.

Preview:

- What does stress do to you? There is hope!
- What happens during your holiday season?
- What can you change? What will you change?
- Finding your “focus” this year.
- Happy Holidays!

A look at Stress



○ We can learn new responses to stress and change our experiences.

– A person's ability to remain healthy in stressful situations is sometimes referred to as stress hardiness.

– Stress-hardy people have traits that strengthen their ability to cope.

- believing in the importance of what they are doing.
- believing that they have some power to influence their situation
- viewing life's changes as positive opportunities rather than as threats.

Tell us what happened...

- What has happened in the past?
- What stressed you out the most?
- Have you made any changes before?
- What have you done?

Simplify!

- Do you really have to have the party this year?
- Do the kids have to have *every* item on their wish list?
- Will you starve if you don't have seconds?
- Can you avoid the crowds?

The list of questions could go on and on...

What is your FOCUS this year?

- Identify your FOCUS.
- Work your de-stressing tips around your FOCUS.

Tips to de-stress your season

- Set a spending budget.
- Plan your meals.
- Delegate!
- Shop online instead of fighting the crowds.
- Learn to say NO.
- Less is MORE.
- Lose the high expectations.
- Find a friend.
- Exercise and maintain a healthy diet!

Resources for relaxation

<http://www.innerhealthstudio.com/relaxation-downloads.html>

<http://life.gaiam.com/gaiam/p/Gaiam-Life-Meditation-Rooms.html>

<http://www.myyogaonline.com/>