Tis the Season to De-Stress

UK Health & Wellness Program
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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

THE HUMAN FUNCTION CURVE

Good stress  Distress

THE HUMP

Fatigue

Exhaustion

Ill health

Health tension

Comfort zone

Arousal stress

Performance

Breakdown

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://www.myyogaonline.com/