

PEPPERDINE

Holiday Stress Month

November 2021

The holidays can be stressful. Shopping, social events, debt, and other pressures can lead to anxiety. This change from your everyday routine can cause you to neglect good nutrition and you are more likely to skip exercise. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would. (Mayo Clinic, 2021)

❑ Set your priorities for the holiday season:

- Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact. Consider eliminating superfluous activities.
 - For example, if you usually become overwhelmed by a flurry of baking, caroling, shopping, sending cards, visiting relatives and other activities that leave you exhausted by January, you may want to **examine your priorities**, pick a few favorite activities and really enjoy them, while skipping the rest.

❑ Understand what may possibly be causing you stress:

- An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by Seasonal Affective Disorder (SAD).

❑ Think of these simple tips to manage holiday stress:

- Find someone you can talk to and have a heart-to-heart.
- Limit alcohol intake.
- Set a realistic budget and then stick to it.
- Don't be afraid to say no.
- Find time for yourself.
- Enjoy free holiday activities.
- If you are worried about COVID-19 safety, think about having conversations with your loved ones in advance about your preferences for this holiday season.

❑ Seek professional help if you need it:

- Reach out to a mental health coach this season should you need one. Pepperdine provides you with 10-free mental health coaching sessions in partnership with Health Advocate. Don't wait for the holidays to become too much, reach out today and take that first step.



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WELLNESS PROGRAM

Helpful Resources

- ❑ University Health's *Tips to manage holiday stress*
- ❑ Mayo Clinic's: *Stress, depression, and the holidays: Tips for coping*
- ❑ Johns Hopkins Medicine's *4 Mindful Tips to De-Stress This Holiday Season*
- ❑ Human Resources' *Wellness Webinar Collection*

Contact Information

- ❑ Health Advocate
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- ❑ Human Resources
Thrive Wellness Program
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