From: Meeks, Sara R.
To: Meeks, Sara R.
Subject: Calm Down for the Holidays Challenge Week 5 Message 1
Date: Monday, December 17, 2018 9:58:18 AM
Attachments: image002.png
image003.png

Week 5 | Message 1 | December 17, 2018

OHIO STATE UNIVERSITY EXTENSION

Live Healthy Live Well

Hello Challenge Friends,

This week we will look at ways to reduce stress. Below are some great tips and links to information that may be helpful for managing your stress this holiday season.

Sara

Sara Meeks
Program Assistant
Family and Consumer Sciences
OSU Extension Wayne County

Enjoy the Holidays – Stress Free

Unrealistic expectations, financial pressures and excessive commitments kick off the holidays with stress and anxiety. Holiday stressors often appear in irritability, withdrawal and disrupted sleep patterns. Take charge this holiday season and reduce your stress.

Start this magical season by:

- Setting your priorities. Decide what traditions offer the most positive impact and eliminate the rest.
- When planning a holiday party or potluck, simplify and plan something easy to make. Explore healthy options this year – check out this tip sheet for healthy holiday foods from ChooseMyPlate.gov.
- Take care of yourself. Get plenty of rest, eat a well-balanced diet and be active each day.
- Create a holiday spending plan. Consider choosing experiences instead of things. Meet for dinner or coffee. Purchase tickets to a concert or play. Give a gift of your time. Take your family to breakfast at a fancy hotel.
- Plan and do tasks in chunks. Make a list and select two things to complete each day leading up to the holidays.
- Delegate tasks. Involve your family to help.
- Practice kindness. Relatives with different political views often gather during the holidays. Be kind and often everyone will relax more and enjoy the moment.

This holiday season, embrace what you love and let the rest go. Focus on the sounds of the season. Enjoy the crisp air. Gather your favorite people to sing, laugh, cook and enjoy the holidays!

Reflection - What are your intentions for the coming year? Set small goals that are attainable and that you're likely to achieve. You're more likely to stick to your goals if you decide upon and commit to small changes.

Writer: Beth Stefura, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Mahoning County, stefura.2@osu.edu

Reviewer: Michelle Treber, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Pickaway County, treber.1@osu.edu

Reflection Writer: Joanna Fifner, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Medina County, fifner.2@osu.edu

Reflection Reviewer: Michelle Treber, Extension Educator, Family &

Consumer Sciences, Ohio State University Extension, Pickaway County, treber.1@osu.edu

Sources:

Mayo Clinic – Stress, depression and the holidays: Tips for coping https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544

CDC - Coping with Stress - https://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

---

THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND HUMAN ECOLOGY
