

Holiday Stress Management Tips



Create space in the day to breathe before reacting to anything. Even two minutes of slower breathing can shift the body out of fight-or-flight.

Set gentle boundaries around time and energy so the season doesn't pull you in too many directions at once.

Keep a small list of "non-negotiables" like water, rest, or taking your medication so you don't lose yourself in the holiday rush.

Honor a realistic budget and avoid last-minute pressure by planning purchases ahead.

Let the holiday look different this year if you're exhausted—less cooking, fewer events, simpler traditions.

Limit time with relatives who drain you by having an "exit plan" ready before you even get there.

Practice accepting what you can't control, especially people's moods, choices, or holiday expectations.

Give yourself permission to step away during gatherings and regroup in a quiet room or even the bathroom.

Step outside for a slow walk when the noise, energy, or gatherings feel too heavy, even if it's only five minutes.

Give yourself permission to say no to at least one thing each week so you're not carrying a schedule built for three people.

Stay connected to supportive people who help you feel grounded, not overwhelmed.

Use journaling to release tension, frustration, or grief that shows up this time of year.

Delegate or share responsibilities instead of carrying the entire load alone.

Start a gratitude habit to counterbalance holiday stress, even if it's one sentence a day.

Reflect on expectations and release the ones that don't fit your current season of life.

