



Monthly Productivity & Balance Newsletter | November 2018

Preparing for the Holidays - Stress Free

While the holiday season is quickly approaching, there is still time to take a deep breath and focusing on keeping the holidays as stress-free as possible.

Holiday shopping, meal planning, and family gatherings are exciting, but the holidays can also cause a great deal of stress. With so much to do, buy, and see, it can seem impossible to juggle all of the holiday cheer. Whether you have many parties to attend, are traveling for the holidays this year, or are planning large family meals at your home, the holidays don't have to be stressful! Below are a few simple tips and tricks to guide you toward a calmer, happier holiday season.

Kick Start Your Mornings

Even in the hustle and bustle of the holidays, breakfast is still the most important meal of the day. Eat a well-balanced meal before grabbing coffee or running out the door on an empty stomach. Skipping breakfast and relying solely on caffeine can dramatically spike blood sugar levels, decreasing focus and increasing irritability. Adding in a 30-minute walk each morning can further boost your mood and start each day off on a positive note.

Prioritize Responsibilities

During the holidays it is easy to get wrapped up in parties and planning, but it is important to prioritize daily responsibilities. Scheduling daily tasks in advance can help you to avoid becoming overwhelmed when the New Year arrives. From workday responsibilities to keeping the house clean, the holidays will go much more smoothly if all of your daily habits and tasks are maintained

throughout the season.

Avoid Overscheduling

Even though holiday gatherings and events seem like a requirement this time of year, it is important to remain realistic when scheduling your time. If your schedule seems a bit too difficult to manage, don't be afraid to say no.

Budget

As your gift list begins to grow, worries and stress may grow with it. Set a budget before holiday shopping begins. Sticking to a budget allows you to check off everyone on your list without feeling overwhelmed and anxious when January bills come.

Take a Walk

Get out of the house and into the sunlight. When holiday stress begins to build, walking away for a few minutes to get some air and sun can dramatically decrease anxiety. Sunlight stimulates the production of serotonin, the "feel-good" hormone, while the rhythm of walking can have a calming effect. Ultimately, a few minutes outside can dramatically improve your day.

Listen to Music

Just as exercise and eating right can balance your mood, turning up the music further relaxes the mind. Whether you are enjoying the season with a pop version of a classic holiday song, or listening to your favorite



artist's new album, music can help you beat the holiday blues.

Set Reasonable Expectations

Planning parties and finding the perfect gift can become overwhelming. It's important to remember that everything doesn't have to be perfect. Keeping your expectations balanced and realistic can help you to avoid a great deal of stress and frustration during the holidays.

End Your Day on a High Note

Go to bed with a positive mindset and a plan to sleep a full 8 hours, whenever possible. Turning off your devices and reading a book or simply reflecting on the positive aspects of your day can shift your mood right before drifting off to sleep. Even when 8 hours of sleep seems impossible, it is important to plan ahead to get a good night's rest, every night.

Focus on the "Reason for the Season"

The holidays may feel like weeks of stress, events, and expectations, but 'tis the season for enjoying relationships and looking forward to another good year. Focus on relationships and be thankful for the non-material gifts you've been given to kick off a new year with a positive mindset.

To reach a Behavioral Health or Work/Life Expert, contact eni at:

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