



## EAT, DRINK, & STAY HEALTHY THIS HOLIDAY SEASON

### DETOX – Your Stress:



#### GOALS

- **Identify the main sources of holiday stress**
- **Identify ways to manage holiday stress & make healthy choices**
- **Develop (& later put into practice) a plan for ensuring a healthier, happier holiday so you may Eat Drink & Stay Healthy This Holiday Season!**

#### GETTING STARTED:

Let go of unrealistic expectations.

- Can't create the past

Fill in the blank: One thing I'd like to happen this holiday season that probably won't is: \_\_\_\_\_

Acknowledge & express your feelings honestly.

- Give yourself permission to feel common feelings such as sadness from prior losses such as divorce, deaths, separation: anxiety, dread, & pressures.

Fill in the blank: One thing I'm feeling today as the holidays are approaching is: \_\_\_\_\_

If you tend to isolate yourself, keep busy.

- Invite others to get together
- Be proactive, not reactive

Fill in the blank: One friend or group with whom I could get together is: \_\_\_\_\_

If you feel tired or stressed, re-evaluate your traditions. Ask yourself, is there a tradition that may be too stressful or time consuming for my family or myself this year?

Fill in the blank: One "tradition" I may need to give up is: \_\_\_\_\_

Ask yourself, is there a tradition that I feel I must make time for because it brings joy to my family and me? \_\_\_\_\_

Fill in the blank: One "tradition" which provides joy, which I plan to make a priority, is: \_\_\_\_\_

Don't expect extended-family problems to disappear just because it's the holiday season

- Let go of past conflicts or resentments
- Learn to forgive
- Balance your own needs with your family's needs
- If necessary, limit the amount of time spent with a difficult friend or relative
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Fill in the blank: Positive family members with whom I will spend time this holiday include: \_\_\_\_\_

Prepare for the extra intensity

- Eliminate stressful or unnecessary activities or chores
- Take quiet time to be rejuvenated

Fill in the blank: One stressful activity I may abandon is: \_\_\_\_\_  
One "quiet time" activity I will enjoy is: \_\_\_\_\_

Nurture yourself

- Do something special for yourself

Fill in the blank: One special thing I will do for myself is: \_\_\_\_\_

If you are struggling with loneliness or loss:

- Go to a place where you may find support and encouragement. Church? Support Group? Friends or family? Other?
- Volunteer, helping others can take the focus off of one's own pain.

Fill in the blank: One activity I will do to help me deal with loneliness or loss is: \_\_\_\_\_  
\_\_\_\_\_

Be careful about over-indulging

- Eat, Drink, and Spend in moderation!
  - Stick to non alcoholic drinks
  - Get more exercise
  - Attend more events without food
  - Set spending limits
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Fill in the blank: I will spend no more than \$ \_\_\_\_\_ per person on gifts.  
One way I will get more exercise is to \_\_\_\_\_ for \_\_\_\_\_ minutes each day.

Remind yourself of the true meaning of the holidays.

- Focus on what is most important about the holidays
- Beware of excessive commercialism

- Fill in the blank: I will remind myself of the importance of \_\_\_\_\_ this year.  
\_\_\_\_\_