The hustle and bustle of the holidays can be overwhelming, so schedule your events and tasks with a planner or app so that you do not overextend yourself.

Take account of your finances and create a realistic budget for the amount of money that you can afford to spend on food, gifts and other holiday-related festivities. Once your budget is made, try to stick to it.

Take a break from social media. Absorbing yourself in photos and posts of other peoples' perfect moments can create unrealistic expectations and pressure. Remember, all is not always as it seems.

Practice patience and forgiveness. You are not perfect, neither is anyone else, so be patient and forgiving of yourself and others.

Maintain your mental wellness by eating healthy, exercising regularly, and getting enough sleep. These three things can have a significant impact on how you handle stress, as well as affect your overall mood.

If you are hosting an event or gathering, do not feel like you must do everything yourself. Most people are happy to help.

Take time to unwind and recharge. Whether engaging in an activity you enjoy, taking a walk, reading a book, taking a long bubble bath or getting a break, practicing self-care can keep you healthy, reduce stress and elevate your mood.

Ideas to help reduce holiday stress from our Site-based Psych Rehab team:

EAT HEALTHY, GET REST & EXERCISE

RESIST SOCIAL MEDIA

PRACTICE PATIENCE

CREATE A BUDGET

MANAGE YOUR TIME

DELEGATE

SHOW SELF CARE

Enjoy safe, healthy & happy holidays!

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