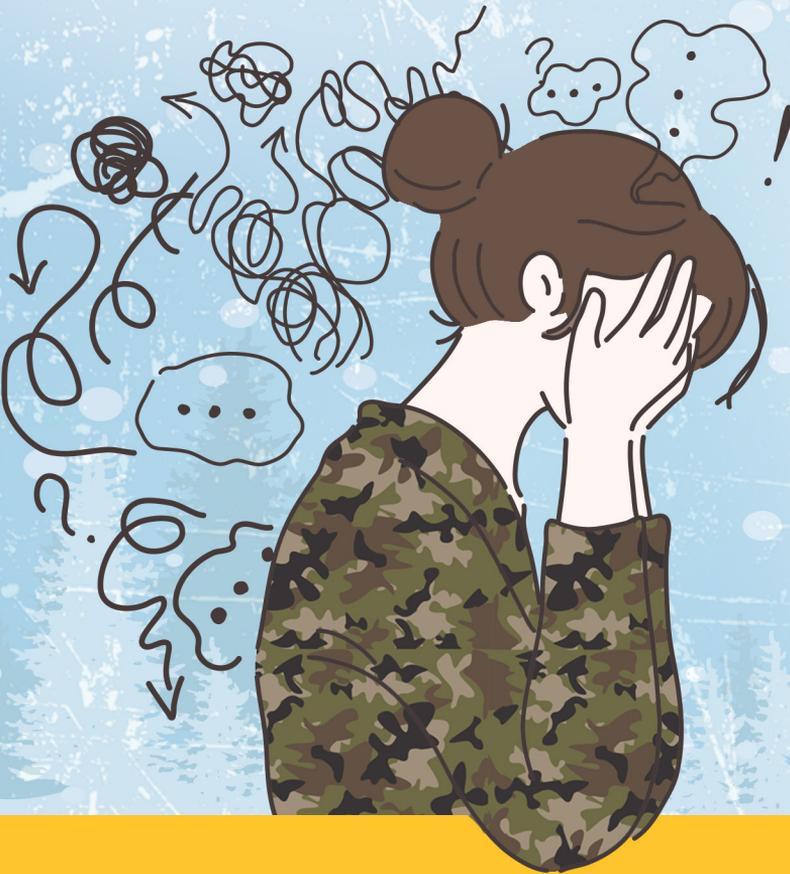


WAYS TO MANAGE HOLIDAY STRESS



The holidays - although fun and exciting - can involve a great deal of stress. Here are five strategies to manage and reduce that stress so you can relax and enjoy the holiday season.

- 1. Stay Present** – When you stay in the present moment, you can deal with reality as it exists.
- 2. Control the Controllables** - Recognizing what you can control and what you can't allow you to spend your time, effort, and energy more efficiently and effectively.
- 3. Remember Your "Why"** - Continue to remind yourself about how the behaviors you've chosen align with values that matter (for example, Family, connection, selflessness, kindness) to reduce the stress associated with these holiday activities.



- 4. Communicate Confidently, Clearly, and in a Controlled Manner** - Clearly communicate the situation as you see it and why the situation is important and matters to you.
- 5. Breathe** - Breathe from the diaphragm and focus either solely on your breath and the breathing sensation, or on an image or thought that evokes a positive emotion. Breathing and thinking in this way helps you reset and regulate your thoughts, emotions, and body.

Keep these five things in mind to make it more likely that holiday stories and memories generate smiles and laughter for years to come.



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