

Holiday Stress Busters for Big and Little People



The holiday season is upon us. It is time for family get togethers, decorating, shopping, gift wrapping, baking, and attending special activities. Holidays are supposed to be a time of enjoyment and happiness, but instead you and your family may feel stressed because of the extra demands placed upon already busy schedules.

Relieving some of the stress during the holidays can best be accomplished by getting the whole family involved in tackling holiday tasks and activities. The following ideas can help you and your family work together to reduce holiday stress.

- ✓ Sit down as a family and come up with a list of all the things that need to be done during the holidays (shopping, card signing, cleaning, etc). Delegate or let family members volunteer to help.
- ✓ Make up a December calendar. Include dates and times of all activities to be attended, and a schedule of when tasks such as cleaning, baking and shopping need to be done.
- ✓ Take a look at your family's holiday activities. Are there things that you do each year, but really do not enjoy? If so, consider not doing the activity any longer, or doing it in a different way.
- ✓ Plan easy meals. Double batch your favorite casseroles and put in the freezer for a quick meal on a busy day.
- ✓ Take a few minutes each day for yourself and do something relaxing.
- ✓ Keep eating and sleeping routines as close to normal as possible to prevent children from becoming cranky or overtired.
- ✓ Expect young children to misbehave occasionally. Remember, they have short attention spans and tire easily.
- ✓ Make time for family fun! Plan fun activities together such as baking cookies, caroling, or taking a drive to see the local light displays.

Source: Ohio State University Extension