

WELLNESS

AT HOME, WORK, & BEYOND



MANAGING EMOTIONS & EXPECTATIONS THROUGH THE HOLIDAYS

The holiday season is here and for many, this time of year brings hopes of beautiful moments spent with family, friends and loved ones. These moments may be among the most cherished in your life. So why can they be the most stressful? Whenever something is important, extra attention is paid to it, and you want to become involved to take part. This also means that you carry expectations influenced by your memories, desires and environment. You may direct your energy toward creating the perfect experience. Often, events out of your control – finances, travel plans, past and present relationships, health and current events – interfere with your vision of the perfect holiday season. This can lead to stress and unhappiness.



Setting Realistic Expectations

The key to coping is being realistic about your expectations. Finances may be a cause of stress during the holidays. Take a few moments to write down your anticipated expenses, a budget for gifts, travel and special holiday traditions. People can get caught up in the hunt for the most popular toy or gift and forget the importance of the holiday season. The thought behind the gift is more important than the cost of the gift. Consider baking a treat or offering your talents or time to your loved ones.

Holiday travel often is complicated. You may find yourself juggling multiple holiday events in a short time frame. Speak with your loved ones about what you and your family can realistically do for your schedule. Allow yourself time for travel, and prioritize events as you are able.



KEY STRATEGIES TO MANAGING HOLIDAY STRESS

To manage emotions and expectations during the holidays, focus on setting realistic goals, acknowledging your feelings, saying no when necessary, prioritizing self-care, creating meaningful traditions, and seeking support from loved ones when needed; essentially, accept that not everything will be perfect and prioritize your well-being throughout the season.

Set Realistic Expectations. Avoid putting too much pressure on yourself to create the “perfect” holiday experience.

Acknowledge your Feelings. Allow yourself to feel a range of emotions, including joy, sadness, or stress, and don’t be afraid to express them.

Set Boundaries. Don’t feel obligated to say yes to every invitation or activity. Consider what is most important to you and let that be your guide. This will help you say no to certain people, events or obligations in order to say yes to what is most important. Consider limiting social media and simplifying life as part of healthy boundaries.

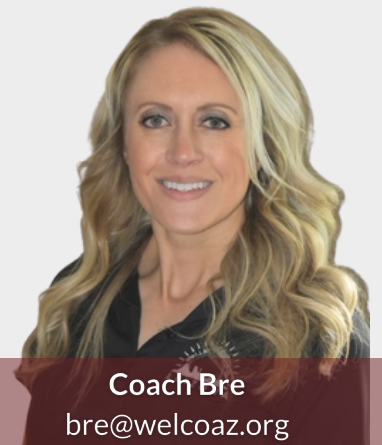
Prioritize Self-Care. Schedule time for activities that help you relax and recharge, like exercise, meditation, or spending time in nature.

Create Meaningful Traditions. Focus on traditions that bring you genuine joy and connection with loved ones.

Manage Your Time Well. It’s probably going to be busy or feel hectic, so try to plan ahead. Making a day-to-day schedule so you can visualize your activities can prevent you from feeling too overwhelmed. The goal is to avoid that last-minute scramble as much as possible. Remember, it’s okay to say no to some plans and requests.

Seek Support. Reach out to friends and family for emotional support, or consider professional help if needed.

Stick with Healthy Habits. Take good care of yourself. That means drinking water, limiting alcohol, exercising regularly, getting enough sleep, and balancing holiday treats with healthy eating. Try practicing deep breathing, meditation, stretching, or yoga.



Coach Bre

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Spice of the Month - Cocoa

You may think of cocoa as the key ingredient in chocolate, but it’s a spice with many health perks. The cocoa bean is chock-full of flavonoids, which are antioxidants that have been shown to boost heart health. Flavonoids seem to play a role in lowering cholesterol and blood pressure and helping keep your coronary (heart) arteries healthy, among other things.

HEALTH COACHING

Schedule your appointment with Coach Bre at bre@welcoaz.org