3 Ways to Help Keep Stress Down During the Holiday

Hello [[firstname]],

In today’s blog post about how exercising can help with your stress and anxiety, you learned about the importance of getting regular physical activity during the holidays. Read it here if you want to catch up.

[Insert Link]

When you are starting to reduce your stress during the holidays, it is important to remember what is actually causing the stress. This is what helps you determine what is the best method for relieving that stress. However, here are a few good things to start with.

**Exercise**

Many people choose exercise as their primary way to reduce stress during the holiday season. With regular exercise, as mentioned in the blog post, you are going to divert attention from what you are stressed about and instead clear your mind and focus on the activity. You also don’t need to exercise for a long time; just try to take a brisk walk during your lunch break at work or take a walk after dinner alone to let yourself relax and unwind.

**Let Yourself Relax**

Taking enough time for yourself during the holiday season is also very important when you want to reduce your stress. A lot of the stress during the holidays comes from how much you have to do and how many different directions you are pulled in. Try to find at least a few moments every day where you can relax, preferably with a quiet activity you can do on your own. This might be reading a book while your kids do their homework, getting up a little early in the morning for a quick meditation session, or take a bath at night when the rest of the house is quiet.

**Plan Ahead**

If the holidays tend to be hectic, it might be from lack of preparation. Leaving everything to the last minute is going to cause a lot of chaos that in turn leads to high amounts of stress. To remedy this, try to plan as far ahead as you can. Make your holiday shopping list early, start shopping a little bit every weekend, and get help with the Christmas dinner preparations.

[sign off]