

5 Ways to Manage your Wellbeing during Holidays



The holiday season can be stressful, hectic, and bring back traumatic memories. Here are some tips to minimize stress related to holidays:

#1 Prepare a self-care plan

Write down the cause of your stress and things that can lessen your stressors. These actions can help you know your limits.

Determine boundaries. Decide things such as how long you want to interact with people and what topics you want to discuss. Plan “me” time in between responsibilities.

#2 Know your limits

#3 Focus on the good things

Buying gifts can be stressful. Setting a budget early on and sticking to it can help. You can write it down so it's easy to track.

You can focus on things that make you happy at the present moment, like indulging in your favourite holiday food.

#4 Keep budgets realistic

#5 Acknowledge & feel your emotions

Holidays can trigger difficult emotions. You may be experiencing grief, loss, divorce & other situations. Allow yourself to be sad or angry. You can draw a picture to process your emotions better.

The Family Centre's [mental health counselling](#) is available if you need further support.