

Dealing With Holiday Stress

For many families the joys of the holidays are mixed with the strains of visiting relatives, the change of family routines, shopping, traveling, and unsolicited advice. It can be difficult to keep the spirit of the season when there are so many changes happening. After the initial excitement, the strain usually starts to show. No matter how much you try or plan ahead, there are bound to be moments that are very frustrating, embarrassing, or completely unexpected. Here are a few suggestions to help ease the stress:

Plan ahead. Advance planning can minimize potential problems.

Stick to a routine. Try to stick to normal routines as much as possible, especially eating and sleeping schedules.

Make a list. Keep a notebook handy to keep track of things that you don't want to forget.

Maintain a sense of humor. This will help you keep the holidays fun.