



Handling Holiday Stress

1. STRESS IS A CLUE- *Your body is trying to communicate something you need, don't ignore it.*

Negative emotions are clues to unmet needs. Instead of suppressing them, allow them in and get curious. Whatever their message, it must be important, and if ignored can cause damage in two areas:

Damages Your Health

"Stress" is leading cause of disease. Studies show suppressed negative emotions eventually affect the physical body.

Damages Your Relationships

When we don't find solutions to these family stressors, they can often lead to resentment, which can lead to fighting. Ask, "What do I need but am afraid to ask for?"

2. HOW TO MEET YOUR OWN NEEDS

First- 4 Ps for yourself- Pause, Pinpoint, Prescribe, Provide (Episode 4)

If you are feeling stressed at the holidays, often it means you need to hold more personal boundaries. Here are two of my favorite strategies:

Saying No

1. Validate Emotions: "I'm so sorry you're sad that we can't _____. Would you like a hug?"
2. Offer an Alternative: "We'd love to see you, but tonight isn't a great night to stop over. How about Wednesday?"
3. Connect & Be Honest: "I love my time with you so much, but I'm really tired tonight. I'd rather go when we can both enjoy it."

Asking for Help

1. Find a Calm Moment: Let them know you are struggling with a problem and could use help brainstorming a solution.
2. Create an US vs. THE PROBLEM Team: Share feelings, but get on the same team.
3. End Positively: Decide on a solution to try for the week, then hug, share compliments or jokes, etc.

3. HOMEWORK!

1. If you are feeling "stressed," what is the hidden message? Not sure? Ask it and see what comes up.
2. Take time to own that you deserve to not feel stressed. Feel that truth and trust that there is a solution that will alleviate your stress.
3. If saying no/asking for help feels uncomfortable, imagine not doing it. Is that better or worse for your health or relationship?
4. If finding time for yourself during the holidays is impossible, find things you can say to yourself instead to encourage and congratulate yourself on your hard work.