Living Well Tip of the Week

Approximately 30% of people experience worry & anxiety during the holiday season.

Top 10 Tips for Reducing Holiday Stress

1. Create <u>realistic expectations</u>, don't try to make this the perfect holiday
2. <u>Learn to say "no"</u> to extra obligations that might stress you out
3. At least once a day <u>practice a relaxation technique</u>
4. Get involved in a <u>volunteer activity</u> where you help others
5. Tap into your creativity & create <u>hand-made gifts</u>
6. <u>Eat & drink sensibly</u>, & get plenty of exercise & sleep
7. Practice being a <u>peacemaker</u> if family squabbles erupt
8. Set a holiday <u>spending budget</u>
9. Create a <u>new holiday tradition</u> that doesn't cost anything
10. Reflect on the <u>deeper meaning & spirit of the holidays</u>

For tips on how to prevent or reduce holiday stress, go to the Living Well Health for Stress Management Programs. Go to www.webmdhealth.com/ut and select "Living Healthy" on the top banner. Also, The UT Employee Assistance Program (EAP), a benefit of your UT employment, which provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. Visit http://www.livingwell.utsystem.edu/eap.htm to find your Find your local Institution's EAP Office.