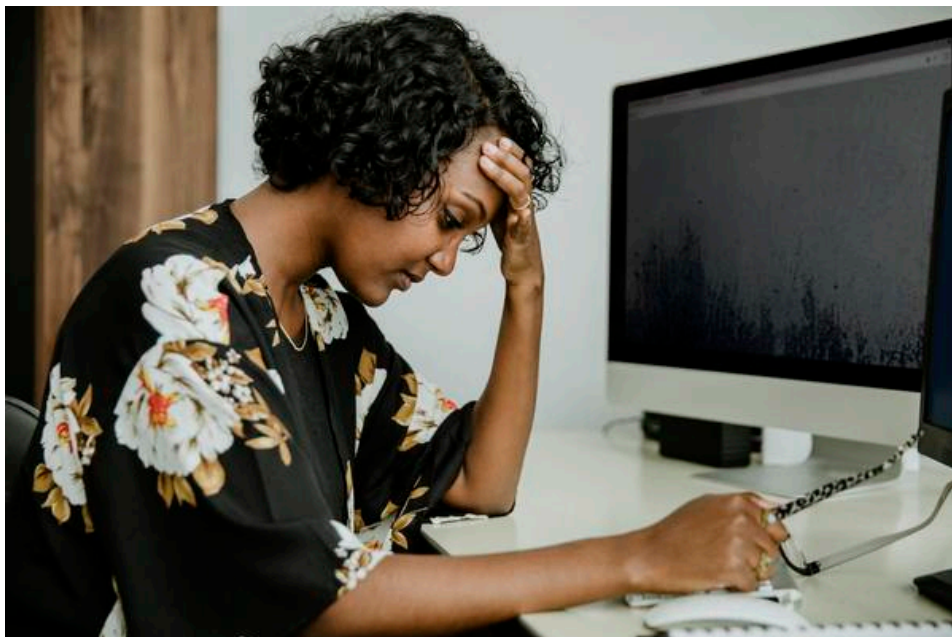


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# What is Causing People Stress This Holiday Season and What Can You Do About It?



## Deadlines

The end of the year often has tighter and more frequent deadlines than the rest of the year.

### What can help:

- For each deadline, schedule realistic subtasks to get done before the final deadline.
- Overestimate how much time you think you'll need to get things in.
- Plan to get work turned in before your days off. Use your days off to rest and spend time with loved ones.

Seasonal affective disorder (SAD) affects about

# 5%

of the US population



## Holiday Shopping

Whether it is the crowds, the amount of cash you'll be spending, taking the time out from your busy schedule to shop, or the pressure to find the right present for everyone, holiday shopping is stressful.

### What can help:

- Make a realistic budget for how much you will be able to spend without getting in debt.
- Keep a gift brainstorming and purchase list.
- Start shopping in advance.
- Do as much shopping as you can online to avoid the crowds.

## Group Gatherings

Limiting gatherings with family and friends due to the COVID-19 pandemic might be the most challenging aspect of this season. The continued isolation and the pressure from others to get together in maskless, closed environments may make you anxious.

### What can help:

- Be honest with loved ones about limitations, expectations, and worries well in advance.
- Make plans to meet with loved ones in open, well-ventilated areas, and use masks.
- Plan for online gatherings and holiday parties.

## Winter Depression

Some people begin to feel down or experience abrupt mood changes as the days grow colder and shorter. Seasonal affective disorder (SAD) affects about 5% of the US population, but many people don't even know that they have it.

### What can help:

- If you suspect you might have SAD, talk to your physician. A diagnosis can help them offer effective treatment.
- Treatment options often include: talk therapy, light therapy, supplementation, or pharmaceuticals.

## Trauma and Grief

Not everyone is excited to see the holiday season roll around. People who have had traumatic experiences during the holidays or family gatherings may experience mild to extreme anxiety or depression, and some may even overlook the season completely.

### What can help:

- Seek support from a trauma-informed therapist or health coach.
- Join support groups.

## Expectations for the New Year

There is a lot riding on the new year, and while it may give some people hope, the weight of the expectations may be giving you anxiety.

### What can help:

- Write new years' resolutions that are only dependent on your individual actions.
- Don't wait until 2021 to start taking action with things you want to achieve.



## [Download the Holistic Health Coach Guide](#)

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# Holistic Ways to Manage Holiday Stress and Anxiety

Here are some actions you can implement into your lifestyle to minimize stress and anxiety

## 1 Yoga



Regular yoga practice helps to relax different muscles in the body, and it also helps to improve blood circulation and relaxation.

## 2 Exercise



Research has found that both aerobic exercise and non-aerobic exercise is beneficial for reducing symptoms of anxiety.

## 3 Setting Time Limits for Social Media and the News



Not only does screen time affect your brain's ability to rest, but the content on the news and social media can also cause you anxiety.

## 4 Herbal Teas



Switching out a cup of your preferred caffeinated beverage for a cup of herbal tea could benefit your mental health. Some herbs that may help to promote relaxation include: lavender, lemon balm, Tibetan Agar-35, passionflower, chamomile, Skullcap, ginkgo, and kava kava.

## 5 De-Stress Techniques

Are you overcome with stress in the moment? Try the muscle tension release, breathing, and visualization techniques.



## 6 Sleep Hygiene



Get better rest by setting a sleep schedule, avoiding the consumption of foods and drinks with caffeine later in the day, and avoiding looking at your phone an hour before bed.



**AFPA**

HEALTH, NUTRITION & FITNESS

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8]Y`6]`XgWX]fa`nY]h`VYY]bhf`ÀWX`h][`h`b]WX`h`bi`f`X]Y`:`À`\\[`\_Y]h`À`fYg`  
;`Y\\]fbgž`g]WX`Ui`gni`fi`\\Ybž`gcbXYfb`XYf`Æ\\U`h`XYf`B`UWX`f]WX`hYb`  
i`bX`gcñ]U`Yb`A`YX]Yb`\_Ubb`Ui`WX`5b[`gh]`Yfi`fgUWX`Yb`"K`Ybb`G]Y`  
ghi`bXYb`Ub[`B`UWX`f]WX`hYb`gY\\Yb`cXYf`Xi`fWX`À`fY`gcñ]U`Yb`A`YX]Yb`  
gWfc`Ybž`Y[`Yb`G]Y`NY]h`ja`]hg`ZYgh`5ddgž`X]Y`À`fY`6]`XgWX]fa`nY]h`  
fY[`i`\\YfYbž`\_ØbbYb`YVYbZU`g`\\]ZfY]WX`gY]b"

8`Ufa`[`Ygi`bX\\Y]h`ZØfXYfbXY`@YVYbga`]hhY`

8Yf`8Ufa`]gh`Yb[`a`]h`XYa`:`Y\\]fb`j`YfVi`bXYb`ØVYf`X]Y`8`Ufa`!  
;`Y\\]fb!5`WX`gY`"FY[`Y`a`À»][`Yg`9ggYb`j`cb`B`U\\fi`b[`ga`]hhY`bž`X]Y`  
XYa`8`Ufa`DfcV[ch]\_U`i`bX`Df`ÀV[ch]\_U`ni`ZØ\\fYbž`]gh`Y]bY`  
A`Ò[`]WX`\_Y]hž`X]Y`dgmWX]gWX`Y`:`Ygi`bX\\Y]h`ni`ZØfXYfb`"G]Y`\_ØbbYb`  
a`Y\\f`ØVYf`X]Y`J`YfV]bXi`b[`nk`]gWX`Yb`8`Ufa`i`bX`:`Y\\]fb`YfZU\\fYb`  
i`bX`k`Y]hYfY`H]ddg`YgYb`<]Yf"

„`Vi`b[

„`Vi`b[`]gh`Y]bY`XYf`Ua`VYghYb`i`bhYfgi`WX`hYb`@ZYghmY!5\_h]j`]h`hYbž`  
X]Y`\\Y`ZYbž`a`]h`GhfYgg`i`bX`5b[`gh`i`a`ni`[`Y\\Yb`":`cfgWX`i`b[`]\\Uh`  
ZYgh[`YghY`hž`XUgg`gck`c\\`5YfcV]W„`Vi`b[`Yb`U`g`Ui`WX`b]WX`h`  
5YfcV]W„`Vi`b[`Yb`ni`f`J`Yff]b[`Yfi`b[`]XYf`5b[`ghgma`dhca`Y`  
VY]hfU[`Yb`"Æ`XYf`HUh`\_Ubb`fY[`Y`a`À»][`Y`6Yk`Y[`i`b[`]Y`ZYbž`XYb`  
?ØfdYf`ni`fY[`i`]YfYb`GhfYgg!FYU\_h]cb"

?`f`Ài`hYfhYYg`

K`Ybb`G]Y`Y]bY`HUggY`À`fYg`VYj`cfni`[`hYb`\_cZZY]b\\U`h][`Yb`:`Yhf`Àb\_g`  
[`Y[`Yb`Y]bY`HUggY`?`f`Ài`hYfhYY`Ui`ghUi`gWX`Ybž`\_Ubb`X]Yg`À`fYf`  
[`Y]gh][`Yb`:`Ygi`bX\\Y]h`ni`[`i`hY`\_ca`a`Yb`"8Ug`A`Ub[`Y`Ub`?`cZZY]b`  
]b`?`f`Ài`hYfhYY`\_Ubb`À`bYb`\\Y`ZYbž`g]WX`ni`Yb`hgdUbbYb`/9g`[`]Vh`  
Ui`WX`Y]b][`Y`?`f`Ài`hYfž`X]Y`Y]bYb`X]fY`\_hYb`9]bZi`gg`Ui`ZX]Y`:`À`\\[`\_Y]h`  
À`fYg`?ØfdYfg`\\UVYbž`a`]h`GhfYgg`i`a`ni`[`Y\\Yb`"9]b][`Y`HYg`ni`f`  
J`Yff]b[`Yfi`b[`]XYf`5b[`gh`g]bX."

K`Ufi`a`]gh`X]Y`:`Yf]YbnY]h`&\$&\$`UbXYfg3`

8 Ug`đ\`f`&\$&\$`k Uf`Y]b`gY\`f`gWk` JYf][ Yg`đ\`f`Zøf`X]Y`\_ÖfdYf`]Wk`Y  
i bX`[ Y]gh][ Y` ; Ygi bX\`Y]h`XYf`A YbgWk`Yb`": Øf`j` JY`Y`A YbgWk`Yb` \`Uh  
X]Yg`Ui`Wk`]\`fY`k`]fhgWk`UZh`]Wk`Y`GhUV`]h`Äh`i bX`]\`f`gcn]U`Yg  
l bhYfghØhni b[ gbYhmk`Yf`\_`[ YgWk`ÄWk`h`"8`JY`7CJ`≡!%-`!DUbXYa` JY  
\`Uh`X]Y` ; YgY`gWk`UZh`Ui`Z`VY]gd]Y`c`gY`K`Y`gY`\`YfUi`g`[ YZcfXYfh`"8`JY  
5b[ gh`i bX`XYf`GhfYggž`X]Y`Xi`fWk`X]Y`9fY][ b]ggY`XYg`đ\`fYg  
\`Yfj`cf[ Yfi`ZYb`k`YfXYbž`gck`JY`XYf`fY[ Y`a`Ä»][ Y`GhfYggž`XYf  
k`Ä\`fYbX`Y`XYf` : Yf]YbnY]h`Ui`Zh]hž`\`UVYb`&\$&\$`ni`Y`]bYf  
<YfUi`gZcfXYfi`b[ ` [ Ya`UWk`hž`X]Y`U`Y`UbXYfYb`ØVYfhf]Zh`"

5`g`XYf`7CJ`≡!%-`]ja` : YVfi Uf`Yfgha`U`g`Ub[ Y`\_ØbX][ h`k`i`fXYž  
`JY»Yb`j` JY`Y`Dfc`Y`\_h]cbYb`XYb`9]bXfi`W`Y`b`hghY`Ybž`XUgg`XUg  
GWk`]a`a`ghY`j`cfVY]`k`ÄfYž`k`Ybb`k`]f`XYb`9a`dZY`\`i`b[ Yb`XYf`787  
i bX`XYf`K`<C`Zc`[ Yb`k`ØfXYb`"đ`hnhž`XU`]b`Y]b][ Yb`HY]`Yb`XYf`l`G5  
FY`\_cfXnU`\`Yb`Ub`đZY`h]cbYb`ni`j`YfnY]Wk`bYb`g]bXž`]gh`\_`Ufž`XUgg  
k`]f`b]Wk`h`Ui`g`XYa`K`U`X`g]bX`"CVk`c`\`g]Wk`j`JY`Y`i`fgdfØb[ `]Wk`Ui`Z  
X]Y`K`Y`]\`bUWk`hgnY]h[ YZfYi`h`\`UhYbž`i`a`g]Wk`a`]h[]\`fYb`@]YVYb  
k`JYXYf`ni`j`YfY]bYbž`]gh`XUg`F]g]\_cž`XUgg` ; fi`ddYbhfYZZYb`Ui`ZhYfYhYb  
\_ØbbhYbž`]ja`a`Yf`bcWk`Y]b`DfcV`Ya`"

K`JY`a`Ub`Y`a`UbXYb`i`bhYfghØhnhž`XYf  
l`f`Ui`VgghfYgg`i`bX`5b[ gh`Yf`YVh`

K`Ybb`Äf`?i`bXY`cXYf`Y]b`[ Y`]YVhYf`A YbgWk`k`Ä\`fYbX`XYf  
 : Yf]YbnY]h`i`bhYf`GhfYgg`cXYf`5b[ gh`Y]XYhž`\_ØbbYb`G]Y`]\`b`Ui`Z  
Zc`[ YbXY`K`Y]gY`i`bhYfghØhYb`."

GWk`U[ Yb`G]Y`]bYb`Y]b][ Y`XYf`H]ddg`Ui`g`X]YgYa`5fh]\_Y`j`cf"  
<ØfYb`G]Y`ni`i`bX`nY][ Yb`G]Y`9a`dUh\`Y`"HY]`Yb`G]Y`[ Y[ YVYbYbZU`g  
ÄfY`Y][ YbYb`9fZU\`fi`b[ Yb`a`]hž`XUa`]h`g]Y`k`]ggYbž`XUgg`g]Y`b]Wk`h  
U`Y]b`g]bX`"K`Ybb`G]Y`XUg` ; YZø`\`\`UVYbž`XUgg`g]Y`X]Y`5b[ gh`cXYf  
XYb`GhfYgg`b]Wk`h`a`Y\`f`U`Y]bY`VYk`Ä`h][ Yb`\_ØbbYbž`gWk`U[ Yb`G]Y  
dfcZYgg]cbY`Y`l`bhYfghØhni`b[ `j`cf"

8`JY` : Yf]YbnY]h`]gh`Zøf`X]Y`a`Y]ghYb`A YbgWk`Yb`ghfYgg][ "6]YhYb`G]Y  
]\`bYb`XU\`Yf`l`bhYfghØhni`b[ `Ubž`k`Ybb`G]Y`\_ØbbYb`"

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'a Y\ f'XUfØVYf'ja 'bÅW ghYb 'HY]"  
=gd]f]Yfhj cb'5 Zd UZ]hbYgg

8YhU]`g

6Ygi W\Yb 'G]Y`i bg'Ui Z. 'a Y]b!Z]hbYgg"bYh