

3 Steps to a Stress-Free Holiday Season

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Holidays...the food, the shopping, the decorating, the cooking, the planning, the parties...and the family!

There are so many aspects of the holidays that can trigger stress within our lives. Do you get stressed, frustrated and bitter, or do you want to do something different this year? Here are three self-care ways to ensure happier holidays.

1 Dump The Gift Giving!

Does anyone REALLY need more stuff? There is a reason that the de-cluttering and storage industries are booming. Instead, give the gifts of time and experiences. Your loved ones would more than likely highly value having quality time with you or having a great experience because of you, that will make for some lasting memories.

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2 Diffuse The Tension

We all have family members that we don't get along with, and seeing them over the holidays can be stressful. Instead of focusing on what they do to annoy you, find something about them that is positive and focus on that. Even openly compliment them on it. That will immediately diffuse the tension between you (as they were NOT expecting it) and it may open the doors to a better relationship with them. *You show up differently, they will react differently.*



3 PLAY!

It is SO easy to get caught up in all the hustle and bustle of the holidays, making everything look perfect, that we end up stressing ourselves out to the point that we cannot even enjoy it. It's time to give yourself a time-out, and go out and play! When you were a kid, what activities did you do over the holidays that made you smile, laugh and fill you with joy? *DO THAT!*

Self-care comes in many forms and these are three ways to get you started taking better care of you. When you are less stressed, the people around you will be less stressed, which will make for a better environment to celebrate that which is truly important. ■