Stress Prevention Toolkit | *Tip sheet*

Set Boundaries for Yourself

Winter can bring shorter days, busy schedules and more stress. You may worry about your health or the health of people you care about. Family time can also be hard for some people.

It is OK to set limits and make time for yourself. Here are a few things to keep in mind when the holidays feel like too much.

Accept your feelings: If you lost someone this year or miss old holiday traditions, it is OK to feel sad. Be kind to yourself and give yourself time.

Plan ahead: Make a plan for shopping, cooking and other holiday tasks. Set a budget, too. Planning ahead can help you avoid last-minute stress.

Try new traditions: Families and holidays can change over time. It is OK to stop traditions that cause stress or no longer work for you. Try new ways to celebrate and make memories.

Say no when you need to: You do not have to go to every event or activity. It is OK to take time for yourself when you need it. Your well-being matters.

Ask for help: If you often feel sad, worried or have trouble sleeping, talk with your doctor or a mental health professional. You can also ask people you trust for help with shopping, cooking or other tasks.

Let go of family guilt: Family relationships can be hard. It is OK to spend less time with people who cause you stress. You can also skip some gatherings if that is best for you.

Reviewed by Clinical Director, EAP (Certified Employee Assistance Professional)

#StressLess

If you or someone you know is struggling with mental health issue, help is out there.
Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).