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OPINION

MANAGING YOUR HOLIDAY STRESS: PART 2

HERE'S 6 MORE WAYS TO CURB THAT ANXIETY, WRITES MCGREGOR



MELANIE MCGREGOR
Column

Two weeks ago, we talked about six tips to manage stress around the holidays. In the spirit of the traditional 12 days, here are another six tips for a total of 12 strategies to care for your health and wellness:

1. CHANGE TRADITIONS THAT ARE NO LONGER MEANINGFUL

A friend whose husband passed away gave herself permission to change something that was no longer working. Cooking the turkey on Christmas Day was always her husband's role, and it was very emotionally difficult for anyone in her family to take that on. So, they are now going to go to the movies as their family celebration on Christmas since her husband was a movie buff. She is excited about new memories to come that still honour her husband.

2. IDENTIFY WHAT THE HOLIDAYS MEAN FOR YOU, NOT OTHERS

We may feel pressure to keep up with what others do, but setting our own goals and priorities may help us feel more at ease. Decorating not your

thing? Then pass on the lights. Love visiting with family? Make extra time for that.

3. THINK ABOUT SUPPORTS AND SELF-CARE EARLY

Don't wait until you're overwhelmed and exhausted before you slow down and do something for yourself. Know your signs of stress and make time for self-care when you first notice them. If you know you tend to struggle around the holidays, consider making an appointment with a counsellor ahead of time to proactively prepare some coping strategies.

4. STICK TO A BUDGET THAT WORKS FOR YOU.

Think about what is manageable for you and make it work. Post-holiday bills may increase anxiety and stress, so plan ahead and be creative in reducing your expenses.

5. SHOP ONLINE

Need gifts but don't like crowds, fighting for parking, or wandering aimlessly for ideas? Click your way to shopping success

from the comfort of your own home.

6. KEEP IT SIMPLE

Reducing the demands on you can really cut back on your stress. Consider making your gathering a potluck rather than taking on all the cooking yourself, or purchase some sweets if you can't seem to make the time to bake.

Remember ... the best gift you can give yourself is a healthy, happy, and balanced you. Not just at the holidays, but all year round.

Need to talk about how you can cope better? Visit our website at www.halton.cmha.ca for details about our free walk-in counselling service, available four days a week in Halton.

Melanie McGregor is the communications and advancement specialist at the Canadian Mental Health Association Halton Region branch, which provides mental health/addictions community support and education. Visit www.halton.cmha.ca for more information and follow @cmhalton on Twitter.

A NEW CEMETERY IN HALTON HILLS

A new cemetery for the general public is taking shape for residents in Halton Hills and their families. Devereaux Cemetery is located in a quiet country setting on the 17th Side Road, just west of Trafalgar Road. It's adjacent to the Holy Redeemer Cemetery and open to people of all religious faiths.

Contact us for information about available interment options, either at time of need or in advance.

DEVEREAUX
CEMETERY

Owned and operated by The Roman Catholic Episcopal Corporation of the Diocese of Hamilton
905-877-8500 | www.devereauxcemetery.ca

YOU OPINIONS

SIGN UP FOR OUR WEEKLY NEWSLETTER AT THEIFP.CA

On behalf of the entire Deker Team, we would like to take this opportunity to wish all of our friends, neighbours, relatives and especially our valued customers a safe and Merry Christmas. Derek, Lana and the Deker Team



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