

# 9 Ways to Help Bring Back the Joy... This Holiday Season!



It's the most wonderful time of the year—but, not if negative emotions take hold of your holidays! Whether worrying about something as simple as what stocking stuffer to get or as complicated as handling that difficult uncle who drives everyone crazy...there are a few tips to help you put joy back into the season!

1. **Expect the best, but prepare for the worst...**
  - Be ready for "the expected" ...plan ahead by being ready with positive mantras!
2. **Remember to "SEE"**
  - Sleep regularly, Eat well and Exercise. Take care of yourself and you can take care of others with ease.
3. **Beef up your support**
  - Attend an extra yoga class, or take time to have coffee with a friend. Protect yourself with additional emotional resiliency.
4. **Exercise your funny bone**
  - Laughing is good for your health. Keep a sense of humor even when you are waiting in a really long line (wear antler ears so you can laugh at yourself). Keep that funny bone in place. It makes everything more tolerable.
5. **Avoid toxic people**
  - Limit your time spent with toxic people when attending holiday functions. Allow time for digesting, quick chat and gift exchange ONLY when you know you'll need to!
6. **Know thyself**
  - Know your triggers...if lines, people and shopping get you down—shop later at night or online! Avoid the mall at peak times!
7. **Travel with polyester, not linen**
  - Keep travelling simple. Allow food in the car if you normally don't. Borrow a DVD player to make the trip more enjoyable!
8. **Make your own traditions**
  - Carve out specific time to spend with your immediate family. Take a themed annual picture. Bake cookies and watch a movie...together!
9. **Get out of yourself**
  - Take time to do something for someone that you know really needs it. Helping others and feeling like part of a community brings true joy.

Still experiencing anxiety around the holidays? Best Care EAP can help. Call today. A professional counselor is available at no cost to you. To schedule your confidential appointment, call (402) 354-8000 or (800) 801-4182.

