



# HOLIDAY STRESS TIPS

## 12 Tips To Enjoy Your Holidays Without The Anxiety, Fear, or Stress

Written by: Ronnie Nijmeh, *author, speaker and coach.*

1-877-438-3048 | <http://www.acqyr.com>



## Do what you can.

*Too much food. Too much to do. Too much everything.*

‘Tisn’t the season of excess. At least it shouldn’t be. Having *too* much on your plate (literally and figuratively) will overwhelm.

Be aware of time constraints on yourself and your schedule. Don’t over-book yourself or stretch yourself (or your pants) too thin.



## Set a budget.

*Too little time. Too little money. Zero patience.*

‘Tis the season of giving, but no one said giving had to be expensive. Set a budget and stick to it.

There is no greater gift than giving yourself, your time, and your full effort. What comes from the heart outweighs all else.

too little



## Get creative.

*Pure imagination.*

‘Tis the season of imagination. Imagine making your *own* gifts. It’s not only more personalized and heart-felt, but you’ll be de-stressing, too.

Arts and crafts, baking, or card-writing will get your mind off things. Plus you’re avoiding the stressful shopping scene and saving money.



## Count your blessings.

*All is calm. All is bright.*

‘Tis the season to celebrate. What do you have to celebrate? More than you think.

Concentrate on what you *do* have, not what you wish you did.

too little



## Expect the time crunch, not perfection.

*Year end projects. Last minute shopping. Time pressures galore.*

‘Tis the season of the time crunch. With so much expected of you – *family, work, social events, and more* – it’s just not possible to meet every demand.

Unreasonable expectations will lead to great disappointments. Manage what you can with the time you have. There’s no use in stressing yourself out.



## Beat the procrastination bug.

*Make a list and check it twice.*

‘Tis the season of much to do. Your mind may drift onto your long to-do list, but don’t let that distract you from the task at hand.

Get everything *out* of your head and onto paper. Once you do, stop worrying. Trust that things will get done in time.



## Beat the shopping rush.

*City sidewalks, busy sidewalks, dressed in holiday style.*

‘Tis the season of busy malls and parking lots with long line-ups and stress filling the air.

Avoid the hustle and bustle by planning ahead, ordering online, or making personalized gifts. Don't let the stress of others rub off on you.





Let go.

*Little battles everywhere: At Home. In the Parking lot. At Work.*

‘Tisn’t the season of conflict. Trying to win small battles may cost you health, happiness and peace of mind.

Grudges, arguments, and fights waste energy and magnify stress. Instead, let go and seek peace in your heart.

conflict



## Create new traditions.

*Let nothing you dismay.*

‘Tis the season of togetherness. Don’t let conflict create division among your family or friends.

Rekindle relationships by creating new holiday traditions that involve everyone. Taking a fresh look will give you all something to look forward to.

conflict



## Eat, sleep, and be merry.

*Sleep in heavenly peace.*

‘Tis the season to be healthy. Bring good tidings to your body, mind, and stomach by managing your diet and sleep.

Good health starts with healthy food and quality rest. Otherwise you’ll feel bloated, tired, or cranky, and that just might rub off on others.



Be jolly.

*O tidings of comfort and joy.*

‘Tis the season to be jolly. Santa isn’t the only one who has the right to be jolly. After all, if he can be jolly with his workload, you can be too.

Remember what ‘Merry Christmas’ and ‘Happy Holidays’ mean. Don’t perpetuate anxiety or fear. Instead, spread joy and happiness.



Laugh, dance, sing, and play.

*Joy to the world.*

‘Tis the season to be free from stress. There is much to worry you, but there is much more to bring you joy.

Embrace each moment – *good or bad* – with a smile.  
Live, love, and laugh. All else will fall into place.



Gain true stress management  
this holiday season

*Give Generously. Fervently. Always.*

‘Tis the season to be generous. Manage your stress with a complimentary stress e-course. From me to you.

*Merry Christmas and Happy Holidays.*

[http://www.acqyr.com/stress\\_course](http://www.acqyr.com/stress_course)

stress relief