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CONTACT: Dr. Aleksandra Drecun
(858) 792-3541
Dr.Drecun@a4ct.com
www.a4ct.com

Managing Stress during the Holidays

Association for Compassionate Transformation Launches a Stress-Management Campaign For the Holidays

STRESS BUSTERS – The holiday season can be very stressful for anyone. Individuals become consumed with purchasing gifts, wrapping gifts, writing cards, holiday food shopping, cooking and hosting. People often report feeling overwhelmed, exhausted and dissatisfied. Observing holidays can be a time of celebration and enjoyment, when stress is managed effectively. Below are useful tips in managing the stress associated with the holidays.

Tips on Managing Stress:

- **Examine your expectations.** Maintain realistic expectations that are attainable given time and responsibility constraints. Know your limits.
- **Keep it simple.** Get the family involved by receiving feedback and share the responsibilities by organizing what each individual is responsible for.
- **Be organized.** Create a prioritized “To-Do” list which will assist with planning ahead.
- **Stick to a budget.** A family should agree on the amount of money to be spent and how it will be used.
- **Take care of yourself.** Eat right, get enough sleep, drink plenty of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a short walk, going to the gym or playing sports that will enhance both your physical and mental health.
- **Practice gratitude.** Remember those individuals who may be hungry and/or homeless. Be grateful for the various aspects of your life that are enriching.
- **Practice optimism.** Stay positive. Know that you will be able to cope with whatever surprises you may encounter.
- **Reach out for support.** Accepting help from supportive friends and family can improve your ability to manage stress. You may receive the opportunity to provide a useful suggestion to someone; which allows one to experience a sense of competency and feel well that one was helpful to another. If you continue to feel overwhelmed by stress, you may want to talk to a psychologist, who can help you better manage stress and change unhealthy behaviors.

A.C.T. will provide **free** resource information for individuals and families to promote effective stress-management during the holiday season. For more information, please contact Dr. Drecun at Dr.Drecun@a4ct.com or (858) 792-3541.

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