



Seniors and Holiday Stress

The holiday season is such a beautiful time of year. Many of us look forward to it year round. We may be getting excited to spend time with family and friends and enjoy the change in seasons, however the holidays are also one of the most stressful times of the year.

Cooking, cleaning and all those last minute shopping trips can add to the pressure we feel to make the perfect holiday experience. We may also feel the financial constraints of the holidays. Stress brings with it a rise in our blood pressure, a loss of sleep, irritability and disorganization.

Here are some ways to de-stress during these hectic holiday times!

Take care of your body by continuing to exercise, eat well, and limit the amount of sugar, caffeine, and alcohol that you consume.

Seek help when needed. If you are struggling with sadness, find a resource to help. Let your Primary Care Physician know, a family friend or clergy member.

Take mini-breaks. When you start to feel yourself getting stressed, mad, or upset, take a break from what you are doing. Take a walk outside in the crisp fresh air, go into a quiet room or read for a little bit.

Know your limits and put realistic expectations on yourself.

Ask for help & let things go. Sounds easy, but it's an essential part of keeping sane during the holiday rush.

Enjoy the season. Sit by a window and watch the snow lightly fall, watch the fire crackle in the fireplace or listen to your favorite carol.

Keep on your schedule. When you are used to eating, sleeping or waking up at a certain time, try to stay on that schedule. Having to eat at a later time or stay up later just to accommodate visitors can be quite stressful.

Do something fun this holiday season. Add a little joy into your day by playing carols, watching a favorite holiday show or making plans to meet an old friend. Something little can make a big difference.

