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Reduce holiday stress

Holiday Stress

The holidays are a time for parties, food, family and, unfortunately, stress. The many financial and time demands during the holidays can leave parents feeling overwhelmed.

It is important for parents to acknowledge the stress they

feel and take proactive steps to reduce it. Acknowledging feelings of stress can help parents control their emotions and actions. Managing stress will help make the holiday season more enjoyable.

What parents can do

- Relieve financial stress by creating a holiday budget. Be realistic about what you can afford to purchase for your family.
- Involve your children in holiday preparations. Encourage your children to help you with baking, cooking, shopping and cleaning.
- Select one or two important holiday traditions to observe with your family.
- Keep your expectations manageable and be realistic about how much time you actually have.
- Try to keep your family on a normal routine. Children who stick to a routine during the holidays are more likely to behave and have fun at holiday events and gatherings.
- Plan ahead. Last-minute happenings add unnecessary stress.
- Celebrate the spirit of the season. Volunteer in your community or help another person.
- Take care of yourself. Make sure that you plan enough time each day to relax.
- Do not be afraid to ask for help from a family member or trusted adult when you need a break.