



## *ENJOYING THE HOLIDAY SEASON*



The Holiday season is here. Now is the time to take a well-deserved break from a hectic routine and enjoy time with your family and friends. Unfortunately, what is supposed to be the best time of the year oftentimes becomes a hectic time filled with stress trying to do too much at work and at home. This year, work to manage your stress by taking some proactive steps. The following are some ideas for helping you better enjoy the holidays.

- ☺ Anticipate the stress and the events that cause the stress and be ready to deal with them.
- ☺ Use lists and notes to make less stress for yourself in trying to remember everything during such a busy time of the year.
- ☺ Ask for help from friends and family members. If possible, make gift buying, holiday decorating, and event planning shared events that help to create positive memories.
- ☺ Make it a point to spend time with people who are important in your life. Making these connections during the holidays can in itself make the holidays special.
- ☺ Create a tradition of sharing with others less fortunate than yourself. The feeling of helping others can make you feel good anytime of the year, but during the holidays it is always extra special.
- ☺ Let go and realize other peoples happiness is not always dependent on what you do for them. Do what you can and accept that you have done your best.
- ☺ Keep a journal of the things you particularly enjoy doing during the holidays, and take time to reflect on them throughout the year.

The holidays are a time to rejuvenate yourself and to renew and replenish relationships with family and friends. This year, make the holidays less about doing and more about sharing, and you will find yourself much happier.

### **For Further Information:**

**Family Service Inc**  
**(605) 336-1974**  
**Sdfsi.org**