



**FOR IMMEDIATE RELEASE**  
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**FOR MORE INFORMATION**  
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## **The best gift of the Holidays is being able to enjoy them.**

Tips to Manage Holiday Stress

### **(Dixon, IL)**

The holiday season is full of family, friends, and joyous cheer. However, planning events, purchasing gifts, and all of the other things that happen in November and December create stress. For many, the inability to manage this stress can impact their everyday lives for months after the holiday season has ended.

Try these tips to enjoy the holiday season even more:

- **Try to keep expectations realistic.** The holidays are often a magical time for children. As adults we sometimes expect to recapture some of that magic, but often set our expectations too high. We can still experience a little of that holiday magic if we keep our expectations realistic.
- **Develop a realistic holiday budget and stick to it.** Money, or lack of it, is probably the biggest holiday stressor. We often pressure ourselves to spend too much. But it really is true, it's not the gift but the love behind its giving that really counts.
- **Know it's O.K. to say "No".** Saying no to some things reduces the stress of having too many commitments to live up to, which is always more enjoyable and far less stressful.
- **Connect with persons who are emotionally supportive.** Sometimes we can feel isolated or alone at this time of the year. We don't all experience this. Being sure we connect with those who support us is important.
- **Try to remember the true joys of the holiday season.** Enjoy the outdoors, light up your fire place, bake, or watch a holiday movie. Activities like these can help you reconnect with not only the holiday season but also with those you love.
- **Above all, make sure you do things that help YOU enjoy the holidays.** It's wonderful to do things for others, but don't forget to add yourself to your holiday plans so you can enjoy them as well.

According to Sinnissippi Center's Clinician Cristina Murgage, "As life progresses, we often remember the feelings that we had from holidays, not specific details of every gift we got, every food we ate, how clean the house was, etc. Instead of working to make everything perfect, make it good enough and focus on creating that feeling of comfort and joy that will last forever."

For more information on stress and stress management, please visit [www.sinnissippi.org](http://www.sinnissippi.org). To learn more about programs and services, call Sinnissippi toll-free at 1-800-242-7642 or visit us online. Sinnissippi has office locations in Dixon, Mt. Carroll, Oregon, Rochelle and Sterling.