

## How to relieve stress over Christmas

Christmas can be a very stressful time for a lot of people for many different reasons. Therefore it is so important for our well-being to take care of ourselves, to enable us to enjoy Christmas in the best way possible.

As everyone is an individual what may relieve stress for one person may not necessary relieve stress for someone else. With this in mind it is important to find stress releasing techniques that you would not find a chore but is realistic and may even be enjoyable.

### Stress relief strategies

- ❖ *If things become too much take time out to have a cuppa or soft drink and separate you from the immediate situation.*
- ❖ *Allow yourself at least half hour to do something just for you i.e. read a book/magazine, take a nice bath, watch your favourite program, visit a friend/family or have a friend/family over.*
- ❖ *Although it is difficult not to over spend at Christmas it may be beneficial to budget how much will be spent prior, as this can cause financial worries not only at Christmas but also into the New Year.*
- ❖ *Go to the gym, walking, running or swimming will all be beneficial.*

Exercise can be great for stress as it helps reduce stress hormones and releases mood-enhancing chemicals which help us cope with stress better, which are called endorphins: often associated with happy hormones. Any form of physical activity leads to the release of these feel good neurotransmitters and therefore, helps combat the negative effects of stress.