

Public Health is **EVERYWHERE**

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STRESS

The holiday season is upon us and even though it can be a cheerful and merry time, stress levels are high for most people. There is a lot going on and it doesn't help that it is darker and colder outside. Here are some tips to keep yourself healthy and stress-free around the holidays.

KEEP IN MIND...

- It is important to remember that there is not enough time to do everything. The key is balance. With crazy holiday schedules, you might find it difficult to stay active, but try to fit in at least thirty minutes for some type of cardio, stretching or strength training. This will release endorphins, which will help you handle holiday stress.
- The holidays can lead to weight worries for many people. It is important to not skip meals and only eat until you are satisfied and not stuffed. Choose smaller portions of your favorite foods and eat slowly. It's wise to limit your consumption of alcohol since it is high in calories, has virtually no nutrient value, and can stimulate your appetite.
- Good sleep is a huge part of stress reduction. People often have a hard time either getting enough sleep or falling asleep when they are stressed because there is so much to do. One idea is to keep a sheet of paper next to your bed, so you'll be able to write down the things going through your mind. This will help alleviate worries about forgetting something. If you have trouble winding down before bedtime, learn a relaxation technique and consider putting away your electronic devices well before bedtime.

STATISTICALLY SPEAKING...

A report published by the American Psychological Association* reported on top holiday stressors:

67% reported that LACK OF TIME caused stress during the holidays

62% reported that LACK OF MONEY caused stress during the holidays

53% reported that COMMERCIALISM or HYPE caused stress during the holidays

47% reported that the PRESSURE of GIVING or RECEIVING GIFTS caused stress during the holidays

44% reported that FAMILY GATHERINGS caused stress during the holidays

**Holiday Stress Report, Greenberg Quinlan Rosner ©2006*

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