

FIVE WAYS TO

REDUCE

HOLIDAY STRESS

***forget perfection*** — Set realistic expectations. Small joys are much easier to achieve than having the "perfect day."

***plan ahead*** — Learn to say "NO" to extra obligations that may cause stress. Sticking to a plan can eliminate much of the unwanted pressure.

***stay healthy*** — Stick to healthy habits. Get plenty of sleep, eat healthy snacks, and get some daily physical activity. Don't forget to take time to relax and unwind.

***give back*** — Volunteer in the community. Very few activities result in greater satisfaction than giving selflessly from the heart.

***budget ahead*** — Develop a budget so that finances do not ruin the holidays. Be creative and give handmade gifts.



KNOX COUNTY  
TENNESSEE

HEALTH DEPARTMENT