



Emotional Well-Being: Finding Balance and Peace This Holiday Season

The holidays are busy! Extra demands on our time for shopping, cooking, cleaning, party planning, and attending events and social gatherings can be stressful. For many, the thought of the year's end may prompt feelings of anxiety, stress, and even sadness while processing all that must be done. Regardless of how you may be entering the season, it is important that we all take care of our emotional well-being to ensure we can thrive well beyond work and into the new year.

The holidays are a good time to concentrate on family and friends, so don't let stress get the best of you. Focus on gratitude and behaviors that can help improve your general sense of well-being. Approximately 64 percent of people say their mental health and stress levels are exponentially impacted around this time of year (www.magellanhealthcare.com). Consider the following tips for keeping the strain of the season at bay.

Seven ways to boost emotional well-being during the holidays:

- **Create personal boundaries.** Setting parameters around your availability can help relieve you of others' expectations, and signal to your community that you're establishing a different pace.
- **Practice mindfulness and gratitude.** A few deep breaths can connect you to the present moment, create awareness of the body, and aid in reducing mental stress and anxiety.
- **Think positively.** Studies suggest that reframing negative thoughts to focus on the positive can impact the body's immune response and overall health.
- **Make time for sleep.** Diminished sleep is associated with several chronic conditions, brain fog, and negative moods and behavior. Sleep is time for our brain and body to rejuvenate.
- **Reduce stress.** Exercise, proper diet, and the reduction of specific triggers with mindfulness and therapy can all enhance an individual's emotional well-being.
- **Don't strive for the "perfect" holiday.** Be realistic about what you can do during this time and simplify wherever possible.
- **Create some new, more practical traditions.** If the same old family holiday rituals have become a burden for you, try celebrating in new ways that work for you!

RESOURCES:

- **Magellan Healthcare:** [Behavioral Health Resources](#) | [Magellan Healthcare](#)
- **SAMHSA:** [SAMHSA Blog](#) | [SAMHSA](#)
- **World Health Organization (WHO)-Guidelines On Mental Health At Work:** [Guidelines on mental health at work \(who.int\)](#)