



The Jed Foundation

Hi Everyone,

The holidays can be a time of celebration and joy, but they can also bring up feelings of stress, sadness and isolation. Below are some tips on managing holiday stress to help keep things in balance.



### **Manage Expectations**

It's okay to take time for self care or to take a break from social gatherings. By maintaining perspective, you can connect with what is most important to you about the holidays.



### **Breathe**

When we experience stress, we sometimes hold our breath, allowing less oxygen to get to the brain. Taking some time to focus on our breathing and letting our body do what it knows how to do, can be a shortcut to calm. [Check out a breathing exercise you can use anytime.](#)



### **Slow Down**

Whether you are sipping a cup of tea or folding laundry, shift your attention to be deliberate and thoughtful. Paying attention to the moment can create a healthy focus and curb the feeling of being overwhelmed.



### **Limit Phone and Computer Time**

Being too connected to our phone or computer can put our brain on overload. Set boundaries for yourself to look at your phone less. And avoid screens at bedtime.



### **Move**

Movement gets the blood flowing and brings our attention to where we are. Exercising, taking a walk, or even a quick stretch can reduce stress. [Learn more.](#)



### Call a Friend

The voice of a trusted friend or family member can help us calm down and get perspective. Instead of texting, connect by phone — hearing a familiar voice can be calming and comforting.



### Meditate

Taking the time to sit down and simply follow your breath can bring you into the moment and help you feel connected. Here are steps to meditate:

- Sit or lie down comfortably.
- Gently close your eyes.
- Don't try and control your breath; just let your breath flow naturally.
- Focus your attention on the breath, observing the inhalation and exhalation. If your mind wanders, simply bring it back to the breath.
- Spend 5 minutes with this practice.

From all of us here at JED, we encourage you to 'take a breather.' More important than the holiday to-do lists are finding ways to **take care of yourself** throughout the holiday season and all year long.