MANAGING STRESS AT
CHRISTMAS

While it is generally portrayed as a very happy time, many people find Christmas stressful for lots of reasons.

some tips

- Start early, keep plans simple and plan ahead. Enough lead time can help manage stress.
- Don't be afraid to delegate or ask for help. Make it a team effort!
- Consider setting a budget and determine how much you can afford to spend on gifts and catering. Try to put things into perspective - Christmas Day is ONE day, and it happens every year; it doesn't have to be picture-perfect every time.
  - Be kind to yourself! Take some me-time, pace yourself and know when to stop. Rest is just as important as keeping busy over the festive season.

- Accept imperfection - be realistic. Focus on what's in front of you and not online / social media.
- Try not to lose sight of what really counts.
- If you have children and you feel pressure to buy everything that's advertised to them, recall your own childhood - do you remember the gifts you got every year or just the feeling of Christmas Day? Making the day fun and enjoyable can be done without spending beyond your means. (and don't forget to buy batteries!)

IT'S OK TO...

The memory is what counts, not the money

... "opt out" of things that are advertised and promoted, and do whatever suits your preferences and your budget. Don't overbook yourself - prioritise what is most important to you.

... put boundaries in place if you find family dynamics difficult to manage; only do what you are comfortable with.

... feel lonely at Christmas; it can be a difficult time. Think about what YOU would like to do that day, and remember, it is just a day and tomorrow will be a new one.

On Wednesday December 12th, the CSEAS will deliver a webinar on OneLearning called
Stressmas
- Taking the Stress out of Christmas

Book your place here

Set a budget

Keep track of spending

Consider buying second hand

Prioritise

Avoid "buy now, pay later" offers

Look for discounts / sales

Resist pressure to over-buy
it's ok to buy fewer gifts, treats, alcohol etc.

Research & shop around

Restrict the amount of gifts
try a Secret Santa. Say "no" to random gift exchanges

Seirbhís Chúnaimh d'Fhostaithe na Státseirbhíse

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