



*River Corridor
Closure Project*



U.S. Department of Energy
Richland Operations Office

Holiday Pre-Focus... Home Safety

Managing Holiday Stress

December 2012





Managing Holiday Stress

Objectives

- What Are the Factors that Cause Stress During the Holidays?
- What Are the Symptoms of Stress?
- What can you do to Manage Stress during the Holidays?



How do you Answer These Questions?

- *Do you feel victim to Holiday Stress?*
- *Is just thinking about the Holidays already wearing you down?*
- *Have you ever wished you could just get the whole thing over with?*



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Causes of Holiday Stress

- Fatigue from doing too much
- Time constraints
- Too much eating and drinking
- Too much spending
- Unrealistic expectations
- Not enough togetherness
- Too much togetherness



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This is the Holiday Scene we Want!



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But sometimes it seems more like this!



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Symptoms of Stress



Physical

- Muscle tension
- Headache
- Gastrointestinal distress
- Fatigue

Emotional

- Nervousness
- Anxiety
- Changes in eating habits
- Loss of enthusiasm, energy
- Mood changes

Behavioral

- Engaging in unhealthy behaviors
- Excessive use of substances
- Making poor nutritional choices

Holiday Survival Strategy



Take control of...

- Your attitude – Decide to relax and have a good time
- Your expectations – Lower expectations on yourself and others
- Your time – Know when to say "No"
- Your money – Don't allow impulsive spending to ruin the holidays

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Holiday Survival Strategy, Cont.

- Establish a “Martha-Free” Zone
- Be Rational in your Spending
- Party in Moderation
- Exercise



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Establish a "Martha-Free" Zone

Don't be a holiday masochist

If you don't have that kind of time...

If you don't have an entire staff of hired help...

If you don't have that kind of money...



...then don't expect "Martha" perfection.

Lower unrealistic expectations!

Practice Rational Spending



- Stay Calm – Don't let spending get out of control!
- Draw up a holiday budget and stick with it
- Delete the guilt files
- Don't procrastinate
- Don't miscalculate the value of your gifts
- Consider donating money to a charity in place of gifts

Some Great Holiday Ideas that are Free!

- *Patch up a quarrel*
- *Look up an old friend*
- *Write an overdue letter*
- *Keep a promise*
- *Release a grudge*
- *Lessen your demands on others*
- *Make a point of saying something positive to someone you work with and/or someone in your family*



“The best things in life aren’t things”

– Art Buchwald

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Party in Moderation

- Balance party meals with other meals
- Don't ever, ever, ever go to a party hungry
- Consume alcohol in moderation, if at all
- Control calorie intake by ordering drinks with diet or club sodas instead of juice or regular sodas
- Socialize away from the food "trough"
- Listen to your stomach and stop eating when you are no longer hungry
- Remember - when snacking, smaller is better



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Surviving the Holidays with Exercise

- Don't mistake "busy" for being "active"
- Exercise aids in coping/conquering stress
- Exercise is vital to improving your mood, muscles and energy level
- Exercise aids in weight management/reduction
- Walk the dog, even if you don't have one!



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Don't try to lose weight during the Holidays

- It's unrealistic for most
- It creates stress that you don't need at this time
- It may result in overindulgence due to deprivation
- It may result in unnecessary guilt
- Once again, focus on using moderation and portion control

