



Reduce Your Holiday Stress

 **Sutter Health Plus**
Your Health Plan

Many Americans look forward to the joys of the holiday season. However, eight out of 10 find the extra demands that the holidays bring to be stressful, according to the American Psychological Association. **Reduce holiday stress by doing as much as you can ahead of time, such as:**

- ✓ **Purchase presents.** Try to get an early start on wrapping them, too
- ✓ **Make a plan.** It should include events, parties, gifts needed, cookies and other seasonal treats you plan to prepare, and other family responsibilities
- ✓ **Simplify your celebration.** For example, decide in advance whether you have the time and energy to host a holiday get-together
- ✓ **Focus on the true meaning of your holiday.** Chances are, it's more than just about giving or receiving expensive gifts
- ✓ **Reduce your holiday card list.** You can send cards through email, which is faster and usually free