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Living Well

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Stress and Holiday Cheer

Seeing decorations or hearing holiday music may not spark cheer in some adults and teenagers. Dealing with relationships, finances, and issues at school and work – like big assignments and final exams – can be very stressful for any of us.

There are things we can do to manage stress and feel better about ourselves and our situation. First, it is important to establish or continue a regular routine that includes exercise, plenty of sleep, and healthy eating habits. Being well physically helps individuals deal with matters that are stressful. Physical activity and nutritious eating can get you started down the road to feeling healthy.

Volunteering to help others is another way to feel better. Whether it is volunteering at a nursing home, offering to babysit for a friend or neighbor, helping out at a soup kitchen, or visiting an elderly neighbor – making someone else feel good can make us feel better about ourselves.

Take time to talk with family members about the stressful situation. If you are an adult, talk to your spouse honestly and openly. Discuss options – and include the young adults in the family. Teens can overhear comments, but may be afraid to ask questions. Only knowing part of the situation can cause them unnecessary anxiety. Families should be honest about job securities and changes being made in spending habits.

Life brings stress – even during the holidays. Finding ways to handle stress increases the chance of finding cheerfulness among the packages and trimmings. For more information, contact the Flint Hills Extension District office in Council Grove at (620) 767-5136 or the office in Cottonwood Falls at (620) 273-6491.

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