

ADULT HEALTH BULLETIN



DECEMBER 2025

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THIS MONTH'S TOPIC

DEALING WITH HOLIDAY STRESS AND ANXIETY



The holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

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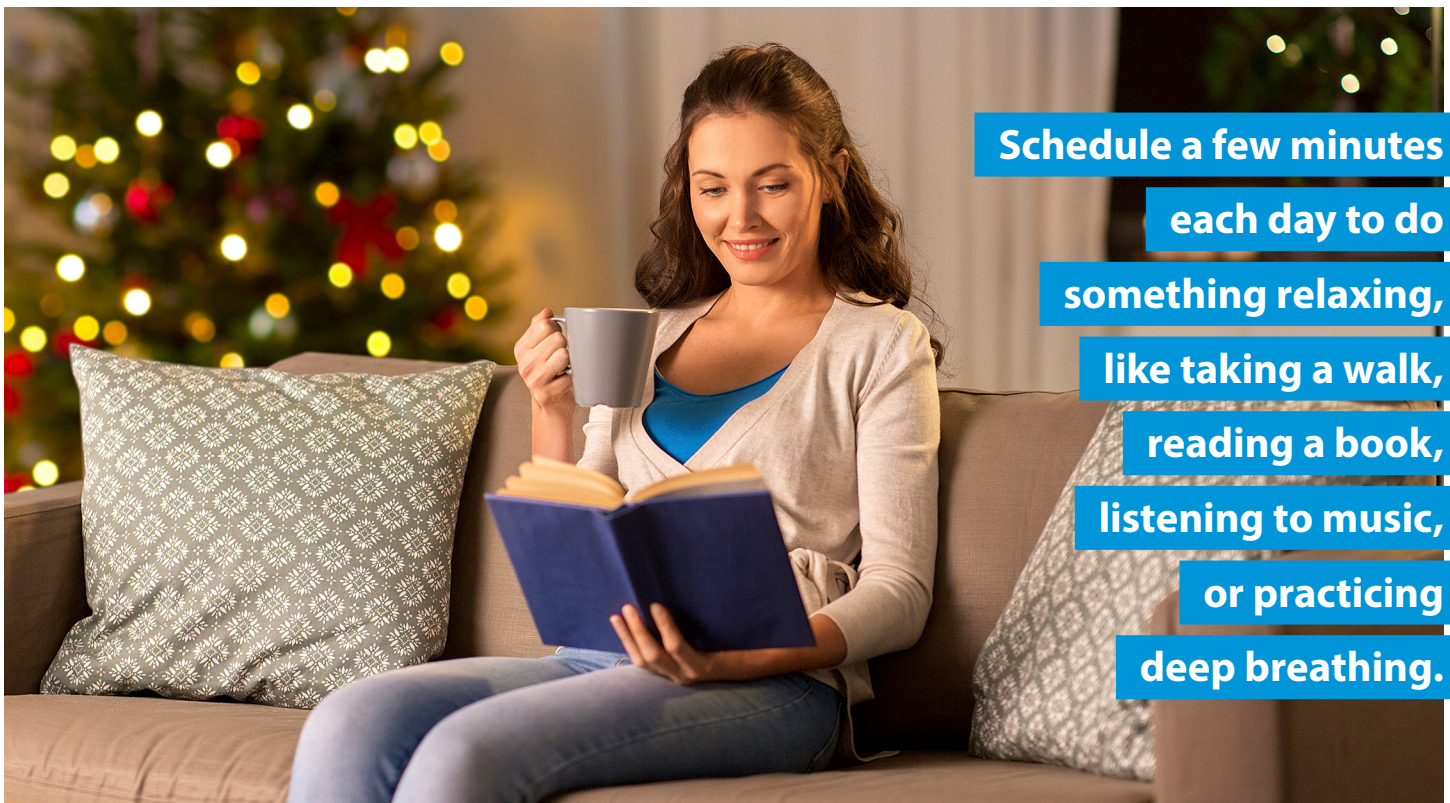
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Schedule a few minutes

each day to do

something relaxing,

like taking a walk,

reading a book,

listening to music,

or practicing

deep breathing.

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gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

Designed by: Rusty Manseau, Senior Graphic Artist

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