

Security Spotlight

An informational Guide for Securitas Canada Clients and Employees



Securitas Canada, December 2016

Managing Holiday Season Stress



'Tis the season again. Sometimes it seems like the holidays come sooner each year. As November turns into December, balancing personal needs and job responsibilities—while trying to fulfill family obligations and holiday demands—can make the days from Thanksgiving through the start of the New Year feel like anything but the most wonderful time of the year.

Managing Holiday Season Stress

While it may be impossible to have a completely hassle-free season, following simple steps and strategies can help make the holidays less stressful. So, before you find yourself with too much on your plate (literally and figuratively), take a moment to read the tips below—and do what you can to help keep the bustle of the season under control.

Make a List and Check It Twice

One of the easiest ways to reduce holiday stress is to get organized. The earlier you start, the better off you'll be. Make a list of tasks to do and events to attend.

Then think about how to simplify, or eliminate, one or more of them. Reducing your list by just one holiday task or event might just help keep you in the right spirit.

Another way to stay organized is by setting aside specific days for shopping, baking and visiting with family and friends. Allow sufficient time to complete your tasks, and don't hesitate to ask for a helping hand—or two—if you need it. Make specific shopping lists for food and gifts. This will help prevent last minute scrambling for forgotten items and will help you stay focused.

A list can also help ease financial stress and keep you on budget. Decide how much money you can afford to spend and then stick to it. Remember to save where you can. Consider homemade gifts instead of store-bought ones. Instead of decking the halls, maybe only deck one.

Let Nothing You Dismay

Set realistic expectations. No holiday celebration is perfect. Be flexible and remain open to creating new traditions. Learning how to say no will help keep stress at bay. Accepting every invitation or request can leave you feeling resentful and overwhelmed. Choose where you want to invest your time and energy.

Some of us may feel the stress from having too much to do over the holidays. Others may feel the stress from having too little. If you are unable to spend time with family, try reaching out. Call a close friend or relative, gather with friends, or join in public social events.

Finally, maintain healthy habits to help keep holiday stress under control. Get quality rest, eat healthily and exercise whenever you can. Then, if you choose to indulge in a favorite holiday treat, enjoy every bite.

Spread Good Cheer

The holidays do not need to take a toll on your health and well-being.

- Keep over-commitment and over-spending in check
- Balance work, play and home
- Get support from family and friends
- Practice time management
- Keep a relaxed and positive outlook.

Managing stress can help you keep the holiday season merry and bright. Embrace each moment—good or bad— with a smile.

Resolve to Manage Stress

This year, why not make a resolution to manage your stress beyond the holiday season? One simple way you can help calm the tension in your mind and body is with deep breathing. You can practice this form of relaxation at home using the following steps:

1. Sit in a comfortable position, preferably with your feet on the floor and your hands in your lap.
2. Close your eyes if you are in an environment that allows you to do so safely, such as at home.
3. Imagine yourself in a peaceful place—like lying on a quiet beach or hiking in the cool mountains—and hold the scene in your mind.
4. Inhale and exhale. Focus on breathing slowly and deeply.
5. Continue to breathe slowly for 10 minutes or more.

Try practicing this technique at the start or end of your day, and resolve to have a healthier and happier you in 2017. These strategies are not intended to provide medical advice or treatment. Always check with your healthcare provider before taking part in behavior and lifestyle changes.

This guide is for informational purposes only and does not contain Securitas Canada's complete policy and procedures. For more information, contact your Supervisor or Branch Manager.