

## Safety Tip

### Combat Stress this Holiday Season

# AFRH

Safety Office reminds you while the holidays are filled with celebration and gratitude, it can also be a stressful time of year.

## 5 Tips to Combat Stress this Holiday Season

**1. Stick to your exercise regimen.** A packed holiday schedule can make sticking to any routine difficult, but even just 20 minutes a day can better prepare you to deal with that busy schedule.

**2. Create rules of engagement for controversial topics.** Your family members may have very different perspectives and opinions. So, decide in advance what you are comfortable discussing. It's ok to redirect the conversation to something pleasant.

**3. Give yourself time to reflect or grieve.** The season may bring up tough memories or cause you to miss a person or tradition. Allow yourself time to reflect or grieve if you need it.

**4. It's okay to decline invitations.** It can be difficult to say "no" but avoid overcommitting to holiday activities. Don't be afraid to decline an invitation if you do not have time in your schedule or if you just need a break



**5. Real life is not a holiday card.** Holidays rarely look like the picture-perfect cards we send and it's easy to get caught up in the pressure of what you 'should' do for the holidays. Instead, set reasonable expectations for yourself and others, and remember what you value most about the holiday season – whether that's celebrating your faith, spending time with loved ones, taking a break from work, or giving back to your community.

Of course, if you find yourself struggling this holiday season (or any season for that matter), remember that you are not alone. If you need additional support, here is resource to call below:

**988** - If you are experiencing a mental health emergency and are in immediate need of assistance.

Please reach out for support through a crisis phone or text line. Call the ***Military / Veteran Crisis Line by dialing 9-8-8 or text 838255.***