Managing Holiday Stress

The Need
The approaching holiday season brings many expectations. Often this makes us feel like we are being pulled in a hundred different directions. There are office parties to attend, family get-togethers to schedule, children’s holiday recitals, and gifts to buy. The holidays can be one of the happiest times of the year, yet it can also be one of the most stressful. Maintaining balance and keeping stress from overwhelming you are the keys to an enjoyable holiday season.

The Best Audiences for this Workshop
All levels of staff

The Objectives of this Workshop
1. Understand what causes stress during the holidays
2. Heighten awareness of emotions and expectations placed on us during the holidays
3. Develop strategies to ease stress levels to ensure a pleasant holiday season

The Workshop Agenda
I. Causes of Holiday Stress
   A. Holiday Emotions
   B. Expectations
   C. The Money Tree
   D. Health

II. Holiday Stress Busters

III. Avoiding the Holiday Blues