

HAPPY HEALTHY HOLIDAYS

WEEK 6: STRESS FREE FAMILY AND FRIEND GATHERINGS

The holidays can mean many family and friend gatherings. It can be a joyful time, but sometimes, it can be stressful.

How to Have Stress Free Family and Friend Gatherings

Know your limits and learn how to say no

You are not obligated to attend every single event. The holidays are also about rest, so you are allowed to say no to huge gatherings if it's too overwhelming for you. You don't want to get burnt out, so only attend events that are meaningful to you.



Switch it up!

If you are the one to always open up your house during gatherings, suggest holding the gathering at somebody else's house, or in a neutral location (such as a restaurant). In this way, there's less pressure on the person who is hosting.



Discourage the use of technology

Technology takes us away from the present moment and prevents us from interacting face to face. Try to talk to people you don't normally talk to in order to show your appreciation of them coming out to gatherings. It's also a great way to strengthen or create new connections.

Share the load

Lots of work and effort are put into gatherings. Divide up the tasks equally to avoid getting burnt out! Allow yourself to ask for help.

Choose what you bring

This isn't referring to food, but more about the attitude. If you expect the worst, other people can feel the energy dampen. Choose to bring gratitude, gratefulness, excitement and joy.

Feedback

After the event, discuss with others what worked well and what didn't. In this way, you can fine tune the event and have a better gathering next year.