

Journey to Wellness — A free self-guided healthy living program

Be healthy during the holidays



Keep holiday stress
from stealing your joy.

With the holidays comes more social events, more opportunities to overindulge, more lavish spending and extra time with family and coworkers — **all of which can feel stressful.**

It is common for stress to be more intense during the holiday season, and it can look different for everyone. Stress can cause irritability, interrupt sleep patterns, and even contribute to higher blood pressure and cholesterol levels.

Create boundaries

This year, try setting boundaries to help keep your stress levels at bay. Boundaries are limits you select to protect your well-being. Without boundaries, you work to make everyone else happy, but often at the expense of your own happiness. You can end up exhausted and resentful of others. With boundaries, you prioritize your health and wellness, which can help you feel more relaxed.

Here are a few ways to create healthy boundaries:

- Write down your priorities for this holiday season.
- Create a budget for holiday spending.
- Record holiday events on a calendar.
- Allow yourself to decline events that don't bring you joy or align with your priorities.
- Allow yourself to arrive late or leave early from holiday events.
- Schedule time for your physical and mental health.
- Communicate your expectations.

The holiday season can be wonderful. Remember that you don't have to commit to every invitation, be the perfect party host or buy perfect or expensive gifts. This year, stick to your boundaries and find peace amid the season's busyness.

Information adapted from "[Tips to Keep Stress From Hurting Your Heart](#)."

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