



Holiday Stress

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Coping with Holiday Stress

- * Have a realistic plan. This will reduce the strain of juggling tasks, duties, errands and appointments.
- * Stick to your lists and your budget. Overspending is a common source of Christmas stress. Remember that the point of the season is to show care, not to simply consume.
- * Learn how to say “no” to less important activities. Be selective. Don't over-schedule. If you limit yourself to two social events per week, you won't run down your batteries.
- * Plan parties or shopping trips with family and friends, in order to cut down on the number of events and responsibilities.
- * Schedule some “down time” to use for rest and reflection.
- * Keep your sense of humor.
- * Establish your own standards, and don't be governed by other's expectations or demands.
- * Don't skip meals or live on snacks because you are too busy.
- * Don't sacrifice your exercise program as you get busier.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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