

Holiday Stress-Less Tips

The holidays can be both joyful & stressful. It reminds us of family, friends & good times but can be difficult for people who are away or have lost loved ones. The holidays also bring overindulgence – people spend more money, eat more food & drink more alcohol.

Here are some tips to beat the holiday stress & avoid overindulgence:

1. Spend time with others to get the most out of this holiday season.
2. Enjoy foods you love – choose a balance between healthy foods & treats.
3. Set priorities to stay on budget - gifts, decorations, food & entertaining.
It's easy to get caught up in the spirit of Christmas & spend too much.
4. Give the gift of kindness – help & include others.
5. Make the sober choice... enjoy non-alcoholic drinks for any occasion.

If you choose to drink or serve alcohol:

- Take your time, drink lots of water & eat before you drink alcohol.
- Only time sobers you up – coffee, cold showers, energy drinks or food **do not** make you sober. You may still be impaired the next morning.
- Be the perfect host – help arrange rides, don't over serve, offer non-alcoholic options (Mocktails).
- Don't drink & drive – arrange a safe ride home - take a cab, arrange a designated driver or stay the night.



HO-HO-HOLIDAY
STRESS!!!!



If you are experiencing a difficult time in your life & you need support, contact your local Mental Health & Addiction Services Office.

Mental Health Crisis Line 1-888-737-4668
NL Health Line 1-888-709-2929

Relax, breathe & enjoy!

