

December: ALCOHOL, STRESS, AND THE HOLIDAYS

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful - not enough time to get things done, pressure to buy and give gifts, trying to stay within a budget, etc.

In addition, there are many holiday parties to attend where alcohol, for some a weakness, is usually present. The many celebrations could lead to overindulgences that may cause you more problems.

Think about the kinds of events that trigger stress for you during the holidays. Focus on one or two things you can do that will help to reduce stress.

Here are a few ideas:

1. Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.
2. Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.
3. Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Asking for help or talking with a professional can offer you the support you need.

Below are some additional ideas on how to relieve holiday stress, as well as, alcohol use and awareness during the holidays:

[Alcohol, Stress and the Holidays](#)

[Tips for Reducing Holiday Stress](#)

