

December: Avoiding Holiday Burnout



Why do many people feel so much more stress at this time of year? We tend to blame worsening traffic, crowded malls, and incessant commercials pushing holiday consumption, but a key culprit is our own memories, according to Ronald Nathan, PhD, clinical professor at Albany Medical College in New York. "When we think about the holidays, we dwell on the past and what went wrong, or we romanticize it and make it impossible to re-create," he says.

He counsels people to carefully examine their thoughts and expectations, and not drive themselves crazy finding "the perfect gift" or planning "the perfect party." "Instead," he says, "lower your expectations, and overestimate -- rather than underestimate -- your time."

The connection between stress and illness is real. Stress may weaken your immune system. So, easing up on yourself over the holidays is important. In favor of keeping things light and trying to have some fun through this holiday season, the link below is for your enjoyment!

HAVE A HAPPY AND PEACEFUL HOLIDAY SEASON!

[All I Need To Know About Life](#)

