

Successful Psychology

Avoiding Holiday Stress

(NAPSA)—The holiday gift that no one wants? Stress. Unfortunately, it comes in all kinds of wrapping, and no department store will let you return it.

Top causes of holiday-induced stress? Financial pressures, memories of major losses such as divorces or deaths and the unrealistic belief



High stress levels, especially during the holidays, can be harmful to your health.

that “holiday cheer” must prevail at all times. You might even compensate for stress by drinking, eating and spending too much.

Prayer, meditation and the gift of time—all can help you and your family better enjoy the holidays, advises Lodovico Balducci, M.D., of the H. Lee Moffitt Cancer Center & Research Institute. So does the willingness “to feel loved, to be part of a lovely design, to think we have a meaningful role in the world.”

To keep yourself from becoming overextended, Dr. Balducci recommends making lists, learning to say no to activities that will overtax you, volunteering, putting family and relationships first and setting aside a quiet space in your home for meditation and prayer.

To learn more, visit www.MoffittCancerCenter.org.