

HAPPY HOLIDAYS FROM CW PSYCHOLOGICAL SERVICES!!



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Dealing with Holiday Stress



As much as we enjoy this time of the year, the holidays tend to be stressful. From buying the "right" gifts to clashing personalities within a family, on top of not having enough time for everything, many people deal with holiday stress.

According to a survey by the American Psychological Association, 38% of people said their stress level increases during the holidays. Another study by Principal Financial Group revealed 53% of people felt financially stressed by holiday spending.

For those of us who also struggle with anxiety, depression, panic, or other mood disorders, holiday stressors can become unmanageable. It's crucial to utilize coping skills and healthy practices to manage your symptoms and survive the holiday stress.

Remember that the holidays are a time for joy, love, and gratitude. Keep in mind your positive, motivating factors, and the reasons why you are thankful to be where you are today.

Tips for Surviving the Holidays

Understand and Set Expectations

Know that family members do not always have to get along - BUT they should always show respect for one another.

Accept the only thing YOU can control is YOUR reaction.

Expect a great get-together and a good time - BUT keep it realistic.

Mentally Prepare

Be aware of what personalities you will encounter and try not to let differences divide family relationships. Holiday time can produce family conflicts, take a step back and don't allow yourself to be drawn in to drama.

Remember to engage in self-care, set boundaries, and STICK TO THEM. Prepare yourself to walk away, let uncomfortable questions go unanswered, and take a breath - or five.

Minimize the Details & Decrease Your Worry Time

CHECK OUT MORE TIPS TO MANAGE YOUR ANGER AROUND YOUR FAMILY DURING THE HOLIDAYS! ->

Know Your Triggers and Plan Ahead

SHOPPING - GIFTS - FAMILY - FRIENDS - FOOD - CLEANING - ENTERTAINING - AND MORE!

Think back to prior holidays and note which moments were the hardest. Plan responses and actions to make it through those moments. Also, remember the happiest moments and try to get in touch with those experiences and memories.

Maintain Your Health

Get enough sleep, eat well, exercise, AND RELAX WHEN YOU CAN.



CWPSYCHOLOGICAL ASSOCIATES | CREATING HOPE FOR A BETTER TOMORROW | <https://cwpsychologicalservices.com/>

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Coping with Depression During the Holiday Season

11/29/2019 10:00

During this time of year, radio and TV ads would have us believe we should all feel merry and bright. Sadly, that's not always the case. According to the National Institute of Health, many people experience depression during the holiday season. Some of the most common reasons people experience depression during this time of year are: Financial hardship - [...] The post Coping with Depression During the Holiday Season appeared first on CW Psychological Services.

Tips to Manage Anger Around Your Family During the Holidays

11/17/2019 15:00

For many of us, spending time with family can be a grab bag of emotions. While you may feel love and familiarity, there's also decades-long dynamics between you and your family members that may not be the most healthy. Your family might treat you like the teenager they remember, and you might revert to that [...] The post Tips to Manage Anger Around Your Family During the Holidays appeared first on CW Psychological Services.

How to Help Your Child Deal with Their Anger

10/24/2019 21:00

Many parents believe in the same myth: if they do everything right, their children will be happy. But that's not how childhood works. No matter how much you love your child or how much you give to them in the way of attention and material items, kids are still going to experience all kinds of [...] The post How to Help Your Child Deal with Their Anger appeared first on CW Psychological Services.

5 Subtle Exercises to Calm Anxiety in Public

10/08/2019 05:00

According to the Anxiety and Depression Association of America, 40 million adults over the age of 18 suffer from an anxiety disorder. If you are one of them, you know how difficult your life can feel most days. When anxiety strikes, the world around us can become a sort of funhouse, only not that much [...] The post 5 Subtle Exercises to Calm Anxiety in Public appeared first on CW Psychological Services.

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