

Tis the season...for stress?

For many people, the holidays are a time to look forward to. Maybe you decorate, shop, entertain or have other tasks to get ready.

Factors causing added stress

Regardless of how you prepare, the "busy" factor increases which can bring some unwanted stress. In addition, our celebrations often involve family and loved ones. These gatherings can be fun, but sometimes they're tension-filled, adding to our stress.



Be aware of how you communicate

Practice using positive communications skills rather than negative ones. Click [here](#) to learn five good tips on how to navigate family gatherings in a healthy way and keep stress to a minimum.