

Minimizing stress and optimizing joy during the Holiday season

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Objectives

Explore sources of stress during the holidays.

Discuss principles from the Bible and Spirit of Prophecy in the context of the holidays.

Discuss practical strategies to minimize stress during the holiday season.

Create a SMART goal supporting self-care for the holiday season.

Reflection questions

How similar or different was/is your Christmas and traditions from this family growing up or now?

Are there any triggers for stress in this story?

What brings joy to this family?

Reading

by Teresa Nelson



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Satire on Traditional Christmas songs/themes



- “Oh stressed free gals and gentlemen...”
(God rest ye merry gentlemen)

- “Oh come all ye stressful...” (O come all ye faithful)

- “It’s the most stressful time of the year...”
(it’s the most wonderful time of the year)

- "Stress on earth, ill health to men"

- “Joyful, Joyful, We Are Stressed Out “
(Joyful, Joyful, We Adore Thee)



Roth, 2015

“Home for the Holidays or Home Alone?”



“Home for the Holidays or Home Alone?”



Sources of Stress & Challenges of the Season

Traveling

Sleep deprivation

Being in close quarters ... with people you may not be close to

Expectations: High & Different

Current events

Covid

Elections

Expense - hosting, gifts, travel cost, etc...

Loss sickness and bereavement - new rituals. outlook

Seasonal darkness: lack of sunlight, SAD

Loneliness

Holiday blues or mental illness

Temptation to eat, drink, and socialize too much

Disability or special needs

Biblical principles and Spirit of Prophecy

Biblical Principles

Whatever we do, should be done for God's glory
(1 Corinthians 10:31).

"Let this mind be in you..." (Philippians 2)

The Lord is more concerned with the heart than
our outward appearance (1 Samuel 16: 6-7).

"The fruit of the Spirit is... temperance/ self-
control... (Galatians 5:22-23)"

"Give thanks to the Lord for he is good. His
mercies endure forever (Psalm 136)."

Spirit of Prophecy

Glorify God not Men

- Offerings of Thanksgiving
- Excess in gifts
- Appropriate gifts

Seize the day

Innocent pleasures vs sinful amusement
(Philippians 4:8)

Christmas tree: beneficence and gratitude

(Bible ESV; White, 1989)



C: break with the pack, invest in experiences instead of gifts, plan, organize, be mindful of your finances...you have a choice!

R: balance between usual routine and holiday season changes to optimize rest. Take a deep breath...

E: deck the halls (or not)...incorporate humor and laughter

A - plan activities/outings that keep people moving, take time to be active.

T - remember the reason for the season.

I - be inclusive, be gentle with yourself and others, let go of grudges, focus on the positive

O - Adjust expectations, build new traditions, volunteers, serve others.

N - Optimize healthy choices & mindful savoring of “treats”.

(Brown, Lubejko; 2008;Shaffer, 2019; Spence 2018; Kauffman, C.; Harvard)

Write your SMART goal for the Holidays.

**Walk two 15 minutes
daily during the
holiday week**



<https://images.app.goo.gl/rDAm5NoGsKftJn247>

Eric Saves Christmas



Our focus as Seventh day Adventist Nurses



Our light hearted wishes for you and your family

“Have yourself a stress free little Christmas...” (Have yourself a merry little Christmas)

I hope you can tell us sometime in the future “How the Grinch stole the stress” of your season.

“Merry stress-free Christmas”

References

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