

DECEMBER WELLNESS:

MINDFULNESS DURING THE HOLIDAYS



The holidays can bring an array of emotions, from happiness and joy, to sadness and depression. There are times we may not even realize the stress we are feeling when December comes around each year. On the John Hopkins website, 4 tips that are helpful and insightful to enhancing this time of year are reviewed.

In the article, Neda Gould, Ph.D., shares how we can gain happiness during the holidays through the use of mindfulness. Dr. Gould explains that by being in the present moment, our attention can be brought away from getting caught in the past or worrying about the future. Instead, mindfulness promotes taking in the present, with acceptance and without judgement.

The 4 tips that Dr. Gould offers for reducing stress and living in the moment during the holidays are:

- 1) **“Accept Imperfection.”** Unrealistic expectations of perfection can add unnecessary stress during the holidays. Try to stay flexible and gentle with holiday preparations and events.
- 2) **“Don’t Lose Sight of What Really Counts.”** Personal reflection on what the holidays really mean to you, can help when little things seem to get in the way. For example, remembering what you are grateful for, such as your health or connection with family, can put things into perspective when you are feeling overwhelmed or stressed.
- 3) **“Respond with Kindness.”** There are times you don’t have control over others, or over situations; however, you do have control over how you respond. Choosing to respond with kindness can impact the whole experience. The perspective of a situation can be altered and lightened with kindness.
- 4) **“Rethink Your Resolutions.”** As you look toward New Year’s resolutions, set yourself up for success by breaking your goals into small, achievable steps, rather than one big goal that may seem overwhelming. In addition, be kind to yourself and look ahead towards the new year with positivity and hope.

To learn more about these tips during the holidays, click here to reach the article on the John Hopkins website: [4 Mindful Tips to De-Stress This Holiday Season](#)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com