

# The Top 5 Holiday Stress-Busters

by Jonathan D. Sherman, LMFT

## 1. Be Here Now

Remind yourself, “This is the only moment I have. Stress and worry over the past or future drain my power. The only thing I can do with the past is learn from it. The only I can do for the future is prepare for it.”

## 2. Use the Frame

Remind yourself that It’s all in how we see things. A work of art is either distracted from its beauty by a cheap frame or its beauty is enhanced by a quality frame. Imagine the four corners of a frame starting with the upper left hand corner and going from corner to corner in a clockwise fashion: See > Think > Feel > Get. How I See the stressful situation determines what I Think about the situation. What I Think affects how I Feel about the situation. All of which effects what I Get from my experience of the situation. So the question is: “How else can I See this situation?”

## 3. This Too Shall Pass

Sometimes no matter what we do it seems like we just can’t handle our stress. A colleague of mine has “This too shall pass” on a plaque in her office. She tells me it is her mantra. It’s a good one. Remind yourself in the midst of the stress you are experiencing that, “As the stress has come, it will also go.”

## 4. Breathe

Breathing is so simple we often discount its power. Breathing is the quickest and most effective way to slow and release the emotional flood that stress brings. Deep, slow breathing does the exact opposite to the body that stress does by slowing the body down and releasing tension.

## 5. Remember Happy

This does not mean to “remember to BE happy.” It means remember a time, a person and/or a situation that makes you smile. This memory and the resultant smile actually boost endorphins in your brain and is a quick way to alter your mood and thereby bust stress.

**Want more?** Print these free tips and get your Holiday Stress-Busting Guide which contains 100s and 100s more ideas like these at [www.JonathanSherman.net](http://www.JonathanSherman.net)

