

*Editor's Note: Safety Group Program Monthly Newsletter Article — Nov. 2020*

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## **Feeling stressed? You're not alone! 8 ways to address your stress during the holidays and beyond**

Stress (did you buy the right gift or make enough stuffing?) often [accompanies the many joys of the holiday season](#). This year, that holiday stress collides with our [feelings of anxiety](#) about what's happening in 2020.

The pandemic has sparked feelings of isolation and depression as people worry about their health, their loved ones and their finances. One study found that Colorado residents were [nine times more likely to experience poor mental health](#) compared to before the pandemic.

You can't erase all your stress, but you can combat it. Use our tips to take care of yourself during what's sure to be a hectic November and December.

### **1. Create mindful moments each day**

Mindfulness means being aware of your feelings without judging them, which can calm your nervous system and help you relax. Keep it simple. Just think about how you feel in the moment, whether you're eating breakfast or going on a walk.

### **2. Try guided meditation**

Meditation teaches you to train your attention on one thing to reach mental clarity. If you have never meditated, download a free guided meditation app. Start with 5 minutes and gradually build your time as you feel more comfortable.

### **3. Start an appreciation journal**

Showing gratitude helps you experience positive emotions and appreciate the things you have. Write down a few things you feel grateful for each day. Jot down whatever comes to mind. It could be as simple as having a job or loving your pet.

### **4. Control what you can and let the rest go**

You can control some things, such as your effort at work or what you eat for lunch. And you can't control others, such as your co-workers' efforts and what they eat for lunch. Stop thinking about the things you can't control. Letting go will feel good.

### **5. Give yourself grace**

The stress of 2020 won't just vanish in 2021. COVID-19 will impact our lives for a while, so acknowledging that and allowing yourself to feel worried instead of beating yourself up for it will save you a lot of needless anxiety.

## **6. Put boundaries in place**

Only you know your own capacity, or how much you can put on your plate. If you need an extension on a deadline, ask for it instead of worrying about being late. Say no to things that stretch your capacity or that you just don't want to do.

## **7. Have fun with others**

Celebrations decrease stress and reduce isolation. This year, celebrating with co-workers requires creativity so everyone stays safe during the pandemic. Alternatives to holiday parties may include having a Zoom karaoke session, exchanging funny holiday memes or holding an ugly sweater contest during a virtual meeting.

## **8. Seek help if you need it**

Sometimes you just need to talk. Well-meaning family and friends may try to solve your problems instead of listening, so consider reaching out to a coach or counselor trained to help people through their struggles.

Want to learn more about relieving stress during the holidays and into the new year? Read our [worksite wellness information and research](#). You can also reach out to a consultant at Pinnacol's Safety On Call at [safetyoncall@pinnacol.com](mailto:safetyoncall@pinnacol.com).

### SOURCE:

<https://www.cpr.org/2020/05/05/colorado-survey-finds-heightened-rates-of-depression-anxiety-and-stress-during-pandemic/>

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