

Tips for breaking the holiday stress cycle

紓解假期壓力有心法

At the end of the year, you may be dealing with a higher-than-normal concentration of stressors from work, the holidays and winter weather. This makes it particularly important time to observe and manage your stress triggers.

Remember, though, to observe and not obsess. More often than not, thinking too intently about your stress levels at any given time will stress you out even more. **Instead of psyching yourself out with overwhelming thoughts, find your inner Zen master and observe the stressful moments in your life as opportunities for change.**

To help reframe a stressful situation, try disconnecting from your stress-loop for a bit. **For example, the next time you feel stuck while a deadline is looming — or in your online search for that last, perfect gift — take a 15-minute break to shake off the intensity.** That may sound counterintuitive, but research suggests that, in moments like these, the longer you focus on your computer screen, the less productive you may be.

Taking a break helps reset your ability to concentrate. Step away and take a walk, run an errand, or go out to lunch. **You'll come back feeling more focused which can help both your mood and your productivity.**

Take the Bite out of Holiday Stress

There's nothing like building memories at the holidays: the togetherness of family, the great food, the traditions... the friction at the dinner table. If your holiday get-togethers sometimes feel stressful, try these ideas to help you better enjoy the season.

每到歲末年終，都要打起精神面對來自四面八方，包括工作、年節和酷寒冬天的挑戰，壓力指數比平日更高，因此覺察並好好因應這些觸發壓力的因子，格外重要。

請記住，只需觀察，不要太緊張。過猶不及，隨時隨地關注自己壓力有多大，只會讓自己更緊張。與其神經兮兮想東想西，不如找出您內在的明師，靜觀生活中令您緊張的時刻，並將之視為改變的契機。

想要轉化壓力情境，不妨試試讓自己暫時從壓力漩渦中脫身。例如，下一次當您覺得陷入截止日期逼近時的痛苦，或在網路上瘋狂搜尋那最後一個，完美的禮物，這時就該休息十五分鐘，舒緩緊繃的情緒。這麼做聽起來或許很違反直覺，但研究顯示，像這種時候，盯著電腦螢幕越久，成效越低落。

休息一下有助於把專注力重新做一次設定。離開現場去散散步，辦點雜事，或外出吃個午飯，再回來會感覺更能專心，對心情和效率都有幫助。

舒緩年節帶來的壓力

歲末佳節是創造回憶的時刻：家人團聚，美食佳餚，傳統儀式...還少不了餐桌上的矛盾摩擦。如果假日團聚有時讓您倍感壓力，試試以下的做法，或能幫助您愉快度過佳節。



1. Remember that you can't control the way others behave, but you can control how you react. Make a conscious choice to detach from slights and snubs and refuse to allow your buttons to be pushed.
2. Mentally rehearse new responses to predictable interactions. Commit to a different response so you will remain cool. If someone criticizes your choice of a serving spoon for the cranberry sauce, instead of reacting with the usual anger reflex, thank them for the tip or change the narrative completely by paying them a compliment.
3. Let go of any leftover resentments from last year's dustups and begin with a clean slate. Instead of reviewing past episodes from a perspective of upset or frustration look at these interactions and think how you might have reacted differently and kept a cooler head.
4. Having visitors in your home can be trying no matter how much you love them. Consider taking breaks during the visit. Plan regular "me time" to step away from the bustle and recharge.
5. If traveling for the holidays, or an extensive gift list jeopardizes your financial health, don't do it. Chances are your loved ones don't want you to overextend on their behalf. Consider an alternative trip to visit family when fares aren't at holiday highs. Also, think about making manageable donations to charities that have meaning for your loved ones, as this can often generate warmer feelings and more goodwill than the giving of lavish gifts you can't afford.

Finally, if you have a vision of your perfect holiday, use it as a guideline, not a litmus test for a successful get-together. Decide to have a positive and memorable time together and avoid measuring your success by degrees of perfection.

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二。針對預期中的互動情境，在心裡設想新的回應。採用不同的回應方式，可以讓您保持冷靜。如果有人批評您拿錯塗果醬的湯匙，不要像平時反射性地生氣，謝謝他們的指教，或反過來讚美對方，藉機轉移話題。

三。扔掉往年殘留下來的新仇舊恨，換上清爽乾淨的心情。不要再回想過去這些令人沮喪或挫折的言語和神情，只要去想您如何去做出不同的回應，並讓思緒保持冷靜。

四。家有訪客，無論您有多喜歡他們，仍可能感覺緊張煩躁。試試客人在的時候，也能找時間休息。安排固定「我的專屬時段」，將自己抽離一下充充電。

五。如果假日返鄉過節，或大量的年節送禮，會危及您的財務健康的話，請別這麼做。您的家人應該不會希望您為他們過度透支。考慮在機票比較便宜的非假日期間回鄉探視，又或者，與其送超過負荷的昂貴禮物，不如在能力範圍內，捐款給對家人具有意義的慈善機構，更能讓人感受到溫暖和祝福。

最後，如果您心中有一個完美節日的圖像，請用來作為指引，不要當成團聚是否成功的檢驗標準。您可以決定讓團聚成為美好且難忘的時光，而不是讓完美與否來衡量您的成敗。