

APPENDIX III

Managing Stress



“Holidays are absolutely the worst time of year for me,” remarked a student nurse, her face mirroring internal distress. “I wish I could do something to change that.”

No sooner had that conversation taken its place in history than I met a colleague in the hall. **“Isn’t the holiday season the absolute pits?”** he asked as he breezed by, forehead furrowed, his body radiating coiled tension. Obviously he didn’t expect a response. At least he didn’t pause in his stride long enough for me to offer one...

As I worked through the process the first time, and as I continue to do so, I’ve discovered some holiday gifts we can give ourselves. Gifts that can make all the difference in the world in terms of the stressors we encounter and the negative outcome to our lives. I’ve listed seven of these gifts and, although there may be many more I’ve not yet discovered, I’m delighted to share them with you. They don’t cost a penny and could save you a mint.

GIFT 1. Define what the holiday means to you.

GIFT 2. Get to know yourself.

GIFT 3. Become adept at recognizing your early-warning stress symptoms

GIFT 4. The moment you notice one or more of your typical stress symptoms, break the cycle.

GIFT 5. Practice a high-level wellness lifestyle.

GIFT 6. Take charge of your emotions

GIFT 7. Expect to enjoy the holiday experience.

This is an extract from a full article written by Arlene Taylor that appeared in the 2001 issue of the Adventist Review. [Click here](#) to read the full article,