SHARPEN TOOLKIT

TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#1. TALK ABOUT IT

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#1. TALK ABOUT IT

THE HOLIDAYS AND FINALS CAN BE STRESSFUL FOR MANY INDIVIDUALS AND FAMILIES AND STRESS CAN FEEL OVERWHELMING. WE HAVE PUT TOGETHER THIS TOOLKIT TO SUPPORT INDIVIDUALS AND THEIR FAMILIES.

THE FIRST STEP IN MANAGING STRESS IS TALKING ABOUT IT. CONSIDER MAKING IT A NEW HEALTHY NORM TO DISCUSS STRESS OPENLY.

SIMPLY CHECKING IN A FEW TIMES A WEEK CAN LOWER STRESS AND CREATE AN AVENUE FOR A DIALOGUE ABOUT DIFFICULT TIMES. YOU CAN ENCOURAGE YOUR FAMILY AND FRIENDS TO FIND A TRUSTED COLLEAGUE AND PRIVATELY TALK ABOUT THE THINGS THAT ARE STRESSFUL. TALKING HELPS!





TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#2. FEEL YOUR FEELINGS

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#2. FEEL YOUR FEELINGS

THE SECOND WAY TO REDUCE STRESS IS TO FEEL YOUR FEELINGS (OR WRITE ABOUT HOW YOU ARE FEELING IN A JOURNAL OR NOTEBOOK).

RESEARCH HAS SHOWN THAT IDENTIFYING OUR FEELINGS AND TALKING ABOUT THEM CAN DECREASE ANXIETY AND DEPRESSION AND IMPROVE OVERALL HEALTH AND WELL-BEING.

FIND ALL KINDS OF ACTIVITIES THAT HELP YOU MANAGE FEELINGS UNDER DISCOVER / COPE.



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TWENTY TIPS FOR MANAGING

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#3. TAKE A PAUSE FROM DEVICES

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#3. TAKE A PAUSE FROM DEVICES

CELL PHONE ADDICTION IS COMMON IN TODAY'S WORLD (ROBERTS ET AL, 2014), LEADING TO A HOST OF POTENTIAL COMPLICATIONS, INCLUDING POOR SLEEP, DEPRESSION, AND ANXIETY (DEMIRCI ET AL, 2015).

RECENT RESEARCH SHOWS THAT IF YOU ARE USING YOUR CELL PHONE FOR A STUDY BREAK, IT MAY NOT ALLOW YOUR BRAIN TO RECHARGE AS EFFECTIVELY AS THE OTHER TYPES OF BREAKS (KANG & KURTZBERG, 2019).

THE HOLIDAYS ARE A PERFECT TIME TO PUT AWAY ELECTRONIC DEVICES AND PAUSE THE NOISE FROM THE OUTSIDE WORLD.



TRY:

- DELETING APPS FROM YOUR PHONE
- SETTING TIMES OF THE DAY THAT ARE SOCIAL MEDIA FREE
- GIVING YOURSELF A TIME LIMIT ON SOCIAL APPS
- SETTING YOUR PHONE OR DEVICE IN ANOTHER ROOM

DEMIRCI, K., AKGÖNÜL, M., & AKPINAR, A. (2015). RELATIONSHIP OF SMARTPHONE USE SEVERITY WITH SLEEP QUALITY, DEPRESSION, AND ANXIETY IN UNIVERSITY STUDENTS. JOURNAL OF BEHAVIORAL ADDICTIONS, 4(2), 85–92. DOI:10.1556/2006.4.2015.010

ROBERTS, J. A., YAYA, L. H. P., & MANOLIS, C. (2014). THE INVISIBLE ADDICTION: CELL-PHONE ACTIVITIES AND ADDICTION AMONG MALE AND FEMALE COLLEGE STUDENTS. JOURNAL OF BEHAVIORAL ADDICTIONS, 3(4), 254–265. DOI:10.1556/JBA.3.2014.015

KANG, S., KURTZBERG, T. (2019). REACH FOR YOUR CELL PHONE AT YOUR OWN RISK: THE COGNITIVE COSTS OF MEDIA CHOICE FOR BREAKS.JOURNAL OF BEHAVIORAL ADDICTIONS 8:3, 16 AUG 2019. DOI: HTTPS://DOI.ORG/10.1556/2006.8.2019.21

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#4. EXPLORE MINDFULNESS

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#4. EXPLORE MINDFULNESS

THE FOURTH HOLIDAY STRESS MANAGEMENT TIP RELATES TO PRACTICING MINDFULNESS. MINDFULNESS IS SIMPLY THE ACT OF BEING IN THE PRESENT MOMENT WITHOUT JUDGMENT. PRACTICING JUST 2 MINUTES A DAY HAS SHOWN TO DECREASE ANXIETY AND DEPRESSION AND IMPROVE WELLBEING.

YOU CAN FIND ALL KINDS OF MINDFULNESS ACTIVITIES THAT HELP YOU BUILD MENTAL STRENGTH IN THE SHARPEN APP.



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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#5. TAKE TIME AWAY FROM IT ALL TO REST

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#5. TAKE TIME AWAY FROM IT ALL TO REST

RESEARCH TELLS US THAT EVEN IN WELL-RESTED PEOPLE, NAPS CAN IMPROVE PERFORMANCE IN AREAS SUCH AS REACTION TIME, LOGICAL REASONING AND CAN IMPROVE OUR MOOD (MILNER AND COTE, 2009).

THIS HOLIDAY SEASON, GIVE YOURSELF PERMISSION TO DO LESS, RATHER THAN MORE.

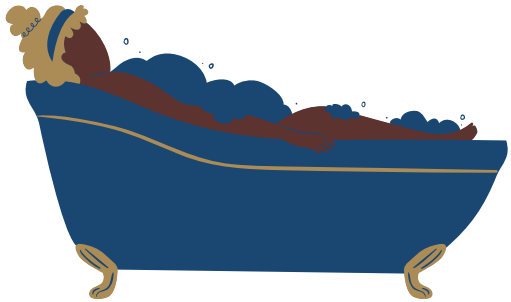
TRY:

- TAKING BREAKS TO CLEAR YOUR MIND.
- TAKE A POWER NAP.
- FIND A FEW MOMENTS TO READ A GREAT BOOK.
- GET OUTSIDE FOR A QUICK 10 MINUTE POWER WALK.

WITH EVERYTHING WE HAVE ALL BEEN THROUGH WITH COVID, THERE'S NO BETTER TIME THAN THE PRESENT TO TAKE TIME AWAY FROM IT ALL TO REST AND RECHARGE.

MILNER, C. E., & COTE, K. A. (2009). BENEFITS OF NAPPING IN HEALTHY ADULTS: IMPACT OF NAP LENGTH, TIME OF DAY, AGE, AND EXPERIENCE WITH NAPPING. JOURNAL OF SLEEP RESEARCH, 18(2), 272–281. HTTPS://DOI.ORG/10.1111/J.1365-2869.2008.00718.X

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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#6. EMPLOY HEALTHY SELF-I-TUDE

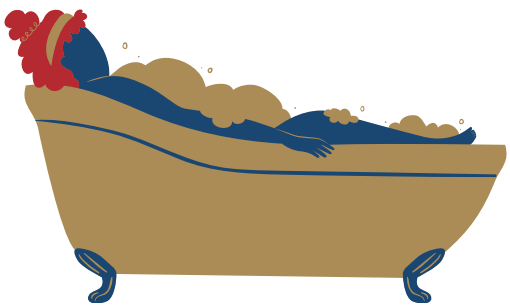
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#6. EMPLOY HEALTHY SELF-I-TUDE

FINALS AND HOLIDAYS ARE A GREAT TIME TO EMPLOY HEALTHY SELF-I-TUDE AND GIVE YOURSELF PERMISSION TO PUT YOUR NEEDS FIRST, EVEN IF JUST FOR FIVE MINUTES PER DAY.

RATHER THAN FEELING SELFISH FOR DOING AN ACTIVITY THAT WILL MAKE YOU SHINE, KEEP IN MIND THAT SELF-CARE IS ESSENTIAL FOR YOUR OVERALL HEALTH AND WELLBEING.

NO TIME LIKE THE PRESENT TO EMPLOY HEALTHY SELF-I-TUDE!



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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#7. GIVE YOURSELF A BREAK AND DELEGATE

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THERE IS GREAT POWER IN ASKING FOR HELP AND DELEGATING.

DELEGATING ENABLES YOU TO MAKE THE BEST USE OF YOUR TIME AND SKILLS, INCREASES CONFIDENCE AND THE AMOUNT OF EXPECTED WORK TO BE COMPLETED (HUBBARD, 2016).

DURING THE HOLIDAYS, SEE IF YOU CAN DELEGATE OR ASK FOR HELP FROM SOMEONE IN ORDER TO:

- ELIMINATE PROCRASTINATION
- MAKE THE WORK FUN
- SHARPEN YOUR SKILLS
- BREAK UP MONOTONY OF WORKING ALONE
- IMPROVE SOCIAL SKILLS & LEARN FASTER

HUBBARD, T. N (2016). RESEARCH: DELEGATING MORE CAN INCREASE YOUR EARNINGS. BUSINESS REVIEW. ACCESSED FROM HTTPS://HBR.ORG/2016/08/RESEARCH-DELEGATING-MORE-CAN-INCREASE-YOUR-EARNINGS.



TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#8. SET BOUNDARIES

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#8. SET BOUNDARIES

SETTING BOUNDARIES IS AN IMPORTANT SURVIVAL AND STRESS MANAGEMENT SKILL. IT MEANS ASSERTIVELY ASKING FOR WHAT YOU NEED, SAYING NO, OR REQUESTING ASSISTANCE FROM PEOPLE YOU LOVE. SETTING BOUNDARIES IS AN EFFECTIVE WAY TO STRENGTHEN ALL RELATIONSHIPS AND IS A FABULOUS SKILL TO LEARN NO MATTER HOW OLD OR YOUNG YOU ARE.





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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#9. MAKE A GENUINE CONNECTION WITH A FRIEND OR FAMILY MEMBER

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#9. MAKE A GENUINE CONNECTION WITH A FRIEND OR FAMILY MEMBER

THE LAST TWO YEARS HAVE BEEN FILLED WITH GREAT ISOLATION AND DISTANCE.

THAT'S WHY THIS HOLIDAY SEASON IS A TIME TO RECONNECT WITH FRIENDS OR FAMILY THROUGH A PHONE CALL OR EVEN BY WRITING A LETTER.

REACH OUT AND CONNECT WITH SOMEONE IN YOUR LIFE WHO COULD USE A LITTLE EXTRA SUPPORT TODAY -- YOU WILL BE AMAZED HOW FABULOUS IT FEELS TO STRENGTHEN THOSE HUMAN INTERACTIONS.



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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#10. GIVE BACK

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CONNECT WITH COMMUNITY AND YOUR SOUL'S PURPOSE

GIVING BACK TO THE COMMUNITY OR TO ORGANIZATIONS WHO RELY ON VOLUNTEERS OR CHARITABLE CONTRIBUTIONS CAN BE A FABULOUS WAY TO FEEL VALUED AND CONNECTED.

IT IS A WONDERFUL TIME TO MAKE A HUGE DIFFERENCE.

CONNECTING WITH COMMUNITY AND LEARNING ABOUT WAYS TO SUPPORT OTHER HUMAN BEINGS, IS AN ESSENTIAL PART OF SELF-CARE AND MENTAL WELLNESS.





TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#11. WRITE IN A JOURNAL

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#11. WRITE IN A JOURNAL

JOURNAL WRITING HAS SHOWN TO BE A FABULOUS WAY TO MANAGE STRESS ON A DAILY LEVEL. RESEARCH FROM UNIVERSITY OF TEXAS HAS FOUND THAT JOURNALING IMPROVES OUR IMMUNE SYSTEM, IT DECREASES ANXIETY AND IT BUILDS OPTIMISM AND POSITIVE OUTLOOK.



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TWENTY TIPS FOR MANAGING

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#12. ACCOMPLISH ONE THING THAT SCARES OR INTIMIDATES YOU

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#12. ACCOMPLISH ONE THING THAT SCARES OR INTIMIDATES YOU

AT TIMES, THE THINGS THAT INTIMIDATE OR FRIGHTEN US MIGHT BE THE VERY THINGS THAT COULD HELP REDUCE OUR STRESS.

BY SETTING A TIME TO ACCOMPLISH THE GOAL, INDIVIDUALS ARE MORE LIKELY TO ACHIEVE IT.

GO FOR IT! SEND OUT THAT RESUME, SIGN UP FOR TUTORING -- REACH OUT OF YOUR COMFORT ZONE.

THERE'S AN ENTIRE TOOLKIT IN YOUR SHARPEN APP TO ASSIST WITH SELF-MANAGEMENT SKILLS LIKE GOAL-SETTING AND STAYING MOTIVATED - IN THE DISCOVER / COPE AREA OF THE APP.

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TWENTY TIPS FOR MANAGING

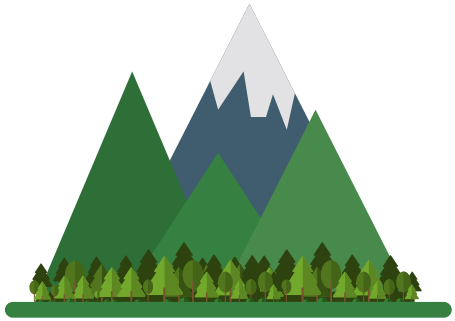
HOLIDAY STRESS

#13. GET OUTSIDE IN NATURE

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#13. GET OUTSIDE IN NATURE

THIS HOLIDAY AND FINALS SEASON, DON'T FORGET TO GET OUTSIDE AND EXPERIENCE THE BEAUTY OF NATURE WITH THE ENTIRE FAMILY.



ENJOY:

- A WINTER WALK
- A STROLL AT SUNSET
- A RIDE ON BIKES
- A PICNIC
- A MINDFUL MOMENT TO BREATHE IN
- A JOURNAL WRITING ACTIVITY TO APPRECIATE THE BEAUTY THAT SURROUNDS YOU DESPITE THE STRESS OF STUDYING, COVID OR HOLIDAYS

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TWENTY TIPS FOR MANAGING

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#14. EXPLORE YOUR ARTISTIC SIDE

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#14. EXPLORE YOUR ARTISTIC SIDE

THIS HOLIDAY AND FINALS SEASON, TAKE YOURSELF ON AN ARTIST'S DATE TO EXPERIENCE YOUR CREATIVE SIDE.



TRY:

- EXPLORING A NEW CRAFT OR PROJECT
- WALKING THROUGH AN ARTIST SUPPLY STORE AND JUST NOTICING WHAT RESONATES FOR YOU
- COPING WITH STRESS USING NONVERBAL COMMUNICATION, MUSIC OR IMAGERY
- TAKING 5 MINUTES TO WRITE, DRAW OR PAINT TO EMPLOY SELF-CARE

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TWENTY TIPS FOR MANAGING

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#15. STAY FUELED WITH SMART SNACKING

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HERE ARE A FEW TIPS TO HELP YOU MAINTAIN ENERGY LEVELS TO SUPPORT BRAIN - BODY HEALTH:

- EAT A BALANCED BREAKFAST EVERY DAY.
- CHOOSE HEALTHY SNACKS BETWEEN MEALS TO HELP SATISFY ALL ESSENTIAL NUTRIENT REQUIREMENTS.
- STAY HYDRATED THROUGHOUT THE DAY BY DRINKING WATER, LOW FAT MILK, OR SPORTS DRINKS.
- SELECT WHOLE GRAIN CARBOHYDRATES TO PROVIDE NEEDED ENERGY.
- EMPLOY THE GOLDEN RULE! COMBINE CARBOHYDRATES AND PROTEIN AT ALL MEALS AND SNACKS EVERY 4-5 HOURS FOR OPTIMIZED ENERGY.

FIND DOZENS OF HEALTHY EATING TIPS IN THE DISCOVER / NOURISH AREA OF THE APP.

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BELIEVE IN YOURSELF

TWENTY TIPS FOR MANAGING

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#16. PRACTICE AFFIRMATIONS

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#16. PRACTICE AFFIRMATIONS

STUDIES HAVE SHOWN THAT NEGATIVE SELF-TALK ALSO OFTEN GOES HAND-IN-HAND WITH MENTAL HEALTH STRUGGLES, DECREASED ACADEMIC PERFORMANCE AND RELATIONSHIP PROBLEMS.

FOCUSING ON NEGATIVE SELF-TALK CAN LEAD TO FEELINGS OF HOPELESSNESS AND DEPRESSION, CREATING A VICIOUS CYCLE.

ONE PROVEN STRATEGY FOR TURNING NEGATIVE THOUGHTS INTO POSITIVE ACTIONS IS PRACTICING (AND WRITING) AFFIRMATIONS. AFFIRMATIONS ASSIST WITH MANAGING STRESS BY TAKING THE NEGATIVE THOUGHTS, PHRASES AND CONCEPTS IN OUR LIFE AND TURNING THEM INTO POSITIVES. FOR OVER 200 AFFIRMATION IMAGES AND WRITING PROMPTS, CHECK OUT THE CONNECT / MINDSHARPENER AREA OF YOUR SHARPEN APP.



TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#17. SPEND TIME WITH A PET

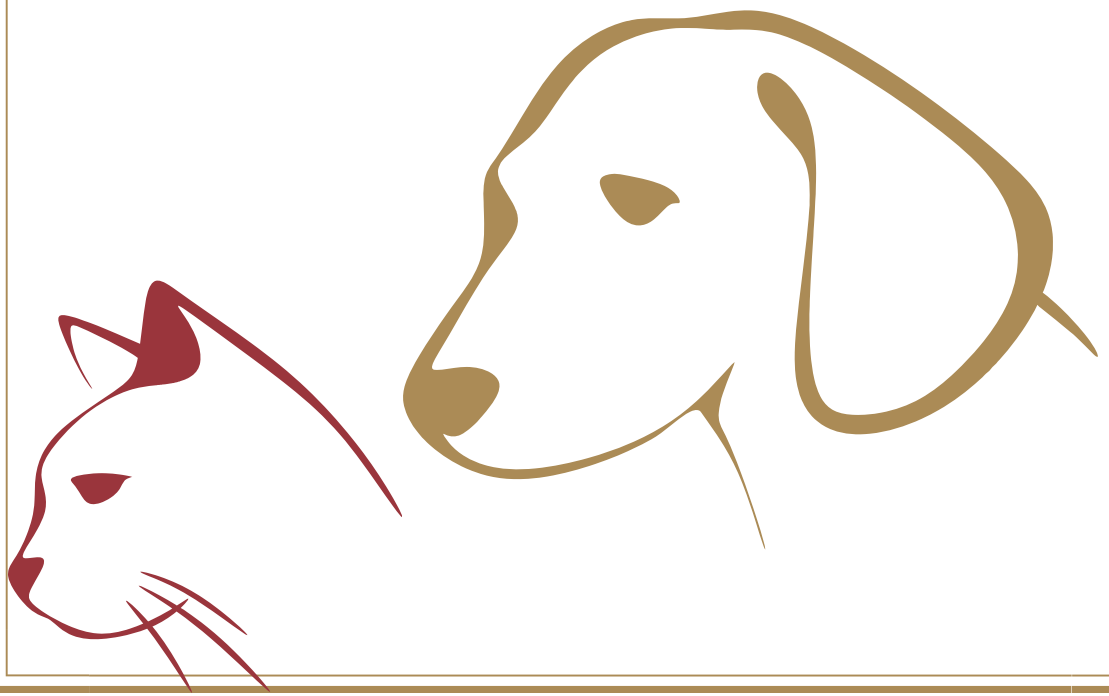
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#17. SPEND TIME WITH A PET

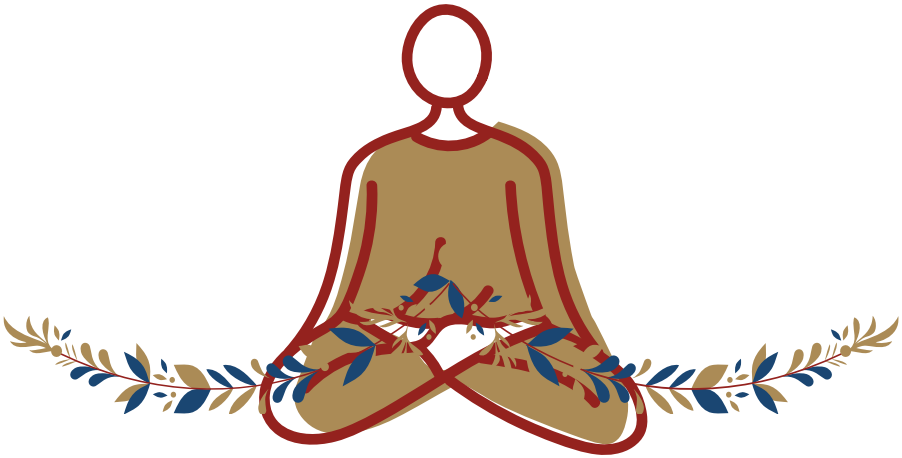
THIS HOLIDAY SEASON, SPEND SOME QUALITY TIME WITH YOUR FURRY FRIENDS. KEEP IN MIND THEY HAVE ABSORBED ALL OF THIS YEAR'S TENSION, TOO.

GIVE THEM AN EXTRA SPECIAL WALK AROUND THE BLOCK, OR CLOSE CUDDLE.

IT HELPS THEM FEEL APPRECIATED AND IT IS GREAT FOR YOUR OWN HEALTH, TOO.



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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#18. MEDITATE

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#18. MEDITATE

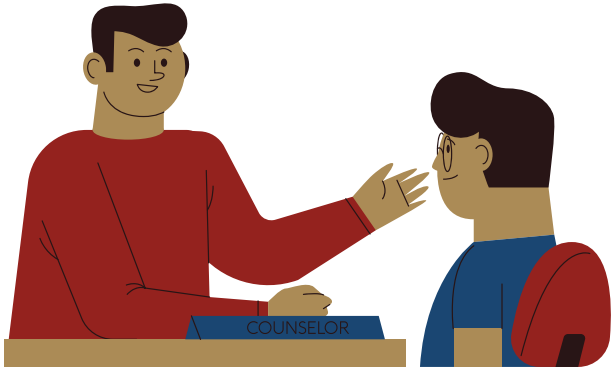
MEDITATION HAS BEEN SHOWN TO:

- IMPROVE CARDIOVASCULAR HEALTH
- INCREASE MEMORY AND RETENTION
- DECREASE STRESS
- IMPROVE MENTAL HEALTH
- BUILD RESILIENCE AGAINST OTHER ILLNESSES



WHETHER YOU SPEND 3 MINUTES OR 30 MINUTES TRYING OUT A MEDITATION, THE BENEFITS ABOUND.

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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#19. TALK TO A COUNSELOR OR THERAPIST

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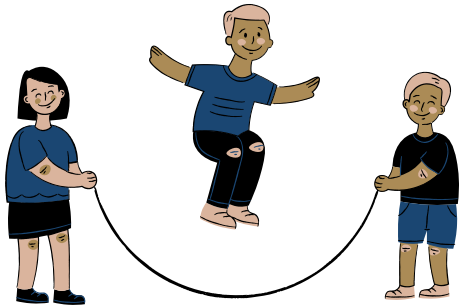
#19. TALK TO A COUNSELOR OR THERAPIST

WHETHER IT IS A QUICK CHECK-IN TO BOUNCE OFF IDEAS, OR A SESSION TO HELP NAVIGATE MENTAL BLOCKS, COUNSELING IS GOOD FOR:

- INDIVIDUALS EXPERIENCING DIFFICULTY WITH PERSONAL LEVELS OF FUNCTIONING
- ADDRESSING EMOTIONAL AND SOCIAL ISSUES THAT MAY BE IMPEDING PROGRESS
- RESTORING MENTAL HEALTH
- RELATIONSHIP ISSUES
- ANXIETY
- CHANGE IN MOOD
- LIFE TRANSITIONS
- ORGANIZATIONAL SKILLS
- GRIEF
- DEPRESSION
- SUBSTANCE USE
- PERFECTIONISM

LEARN MORE ABOUT HOW TO HELP SOMEONE WHO MAY BE STRUGGLING IN THE HEAL AREA OF YOUR APP

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TWENTY TIPS FOR MANAGING

HOLIDAY STRESS

#20. EXERCISE THROUGH JOYFUL MOVEMENT

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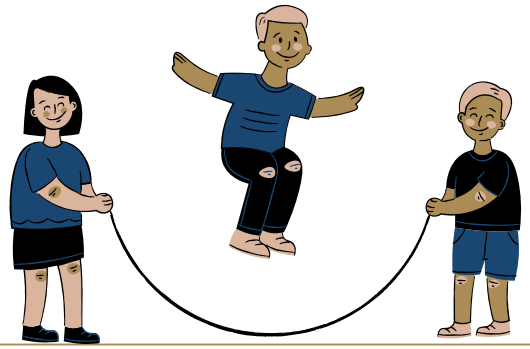
#20. EXERCISE THROUGH JOYFUL MOVEMENT

AS YOU THINK ABOUT THE NEW YEAR, CONSIDER INCORPORATING EXERCISE AS A STRESS MANAGEMENT TECHNIQUE AND A WAY TO BRING NEW JOY INTO YOUR LIFE.

RATHER THAN GOING TO THE GYM BECAUSE YOU HAVE TO, FIND TIME TO ENJOY SOME MENTALLY HEALTHY WALKS OUTSIDE -- JUST TO EXPERIENCE JOYFUL MOVEMENT.

HOW ABOUT ROLLER SKATING OR JUMPING ROPE, JUST BECAUSE IT BRINGS YOU HAPPINESS?

FITNESS AND EXERCISE ARE ESSENTIAL TO OVERALL HEALTH, AND CAN BE INCREDIBLE WAYS TO MANAGE STRESS AND BRING JOY AND CONFIDENCE BACK INTO YOUR LIFE.



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