



Stress Management

DE-STRESS FOR THE PRESENTS AND GET THE GIFT OF A STROKE-FREE FUTURE

Stress Management for the Holidays

Stroke is a real threat that often goes overlooked in our day to day lives, it can sneak up on us whether it be to us or a loved on. It's a condition that goes un-thought of and yet nearly 14,000 Canadians die from a stroke each year, every year there are 50,000 new cases of stroke (that's approximately a stroke every 10 minutes) and about 426,000 Canadians are living with the effects of having a stroke. Stroke is the leading cause for disability in Canadian adults and the third leading cause of death.

Stress is one of the leading factors that can cause a stroke and we know that the holidays have no shortage of it. So let's take a look at how you can manage this stress and keep a trip to the hospital out of your holiday plans.

Here are some basic tips that can help you deal with Holiday stressors:

Take time for yourself - The holidays can be a stressful time of year. Trying to find a balance between work, family and travel plans can get tedious. In all this you should not forget to take some time for yourself, having some time to relax can reset your body and mind plus relieve the stress from the hustle and bustle of the holidays.

Ease up - Remember you don't have to buy out all the stores this holiday season; get back to what the holidays are really about, time with your loved ones. It seems a simple step but it is often overlooked in today's consumerist society. Take a step back, spend some quality time with friends and family then watch the stress melt away.

Don't forget tradition - Take time to do some old family traditions or even start a new one. Continuing a tradition from your childhood with your family now is a great way to de-stress by bringing back memories of the past and enhancing the feeling of togetherness.

Acknowledge your comfort zone with your family - For some, family visits can be stressful in itself. If that is the case don't be afraid to gracefully decline the invite. Make some other plans with friends, take a trip or if you must attend a family gathering, see if a friend will come to support you. Friendship is just another form of family and they can help take the load of stress off of you.

Ref: (<https://ontariostrokenetwork.ca/information-about-stroke/stroke-stats-and-facts/>)

Ref: http://www.gettyimages.ca/detail/photo/holidays-ahead-royalty-free-image/183366754?esource=SEO_GIS_CDN_Redirect