

WORLD OF WORK

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HuskerpreNeur
Nebraska EXTENSION

blog at:

<https://huskerpreneur.wordpress.com/>

It is dedicated to
entrepreneurship in Nebraska!

American Psychological Association Offers These Tips to Help Handle Holiday Stress

- **Take time for yourself** — There may be pressure to be everything to everyone. Remember that you're only one person and can only accomplish certain things. Sometimes self-care is the best thing you can do — others will benefit when you're stress-free. Go for a long walk, get a massage or take time out to listen to your favorite music or read a new book. All of us need some time to recharge our batteries — by slowing down you will actually have more energy to accomplish your goals.
- **Volunteer** — Many charitable organizations are also suffering due to the economic downturn. Find a local charity, such as a soup kitchen or a shelter where you and your family can volunteer. Also, participating in a giving tree or an adopt-a-family program, and helping those who are living in true poverty may help you put your own economic struggles in perspective.
- **Have realistic expectations** — No Christmas, Chanukah, Kwanza or other holiday celebration is perfect. View inevitable missteps as opportunities to demonstrate flexibility and resilience. A lopsided tree or a burned brisket won't ruin your holiday; rather, it will create a family memory. If your children's wish list is outside your budget, talk to them about the family's finances this year and remind them that the holidays aren't about expensive gifts.
- **Remember what's important** — The barrage of holiday advertising can make you forget what the holiday season is really about. When your holiday expense list is running longer than your monthly budget, scale back and remind yourself that what makes a great celebration is loved ones, not store-bought presents, elaborate decorations or gourmet food.
- **Seek support** — Talk about your anxiety with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution for your stress. If you continue to feel overwhelmed, consider seeing a professional such as a psychologist to help you manage your holiday stress.



Nebraska 4-H – A Learn By Doing Approach

4-H is a community of young people, ages 5-18, across America who are learning leadership, citizenship, and life skills. 4-H empowers youth to reach their full potential working and learning in partnership with caring adults. 4-H is education for life that uses a learn-by-doing approach. In Nebraska, 4-H is present in all 93 counties across the state!

Nebraska 4-H Youth Development continues to make a difference in the lives of young people across the state! Throughout 2015, 4-H in Nebraska intentionally targeted educational programs toward **4-H Science, Agricultural Literacy, Career Development and College Readiness, Community Engagement, and Healthy Living**. In addition, 4-H has always been focused in supporting the **post-secondary education** aspirations of young people.

Make a difference and join today. Call your local Extension Office.