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THE JOYS OF HOLIDAY STRESS

The holidays are infamously a time of both joy and stress. Unfortunately, for many it’s more of the stress than the joy. In an effort to pull off a Hallmark holiday, you might find yourself overwhelmed with work, parties, shopping, baking, cleaning and caring for children and elderly parents. It has been well documented that cardiac mortality is higher around Christmas and New Year’s Eve. If you’d like to read more about holiday stress and tips that can help you cope, please contact any Library staff member.


Williamson L., “Chill out! You can keep stress under wraps this holiday season.” Diabetes Forecast, 56(11):77-8, 80, 2003 Nov.