

THE TOP 10 WAYS TO DEAL WITH HOLIDAY STRESS

Calgary Counselling Centre encourages Calgarians to take care of their emotional well-being with 10 simple tips

CALGARY, December 13, 2016 – From the pressure of finding the perfect gift, tension between family members, and financial strain to extra temptations to those who are battling eating disorders or addiction, for some, the holiday season can create or emphasize depressive or anxious feelings.

“The holidays are many things to many people, and as a result can bring out a variety of emotions,” says Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. “We tend to see a worsening of anxiety or depressive symptoms this time of year, but we emphasize that there are simple steps everyone can take to proactively and positively affect their mental health.”

Calgary Counselling Centre encourages everyone to take care of their emotional well-being by following simple tips to find balance during this stressful time of year.

- **Spend within your means:** Especially with the current state of the economy it is important to not over-spend this holiday season. Decide on a budget that feels comfortable to you and try to stick to it.
- **Maintain perspective:** If finances limit your spending this holiday season, remember that you don’t need extravagant gifts or huge festivities to show your love. You just need to be there, to listen and to share in the moment.
- **Acknowledge your feelings:** If you are feeling overwhelmed or upset, take a moment to acknowledge and express your emotions and tell yourself it is OK.
- **Be realistic:** It is important to acknowledge that this holiday season may not be like the previous year. As families grow and change, traditions may change as well, but be open to accepting new traditions.

“While these tips are a great way to reduce stress this holiday season, it’s important to remember that if you need us, Calgary Counselling Centre is always here to help with no waitlist, a sliding fee scale based on income, and barrier-free access to counselling for all Calgarians,” Babins-Wagner says.

Those interested in seeking counselling can contact our call centre at 403.691.5991 or visit our website at www.calgarycounselling.com and click on ‘register for counselling.’

To learn the rest of our top 10 ways to deal with holiday stress, contact us for an interview today.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, the Centre offers counselling to all age groups in a variety of areas including depression, children’s programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

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For more information or to arrange an interview, please contact:

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