

## Feeling Stressed Out?

Written by Deron Fahlman -- Published: Tuesday, 24 November 2020 -- Category: Local News



Juli Dzuba, Outreach Coordinator for Envision Counselling & Support Centre. File Photo.

Juli Dzuba of the Weyburn/Estevan Envision Counselling and Support Centre was a guest on the Big Drive Home this afternoon to talk about stress as we head into the 2020 holiday season.

2020 was already a pretty messy year, and as we head into Christmas, historically the most stressful holiday, here are some tips on how you can keep your stress levels at bay, according to Juli Dzuba:

"Letting go of expectations. Sometimes we get this idea that everything needs to be perfect around the holidays and we just want everything to be a certain way. So because things are changing so frequently these days, it's really hard to maintain that perfect picture, so just releasing some expectations can be helpful.

Sticking to your budgets and knowing what you can afford over the holidays and during these times is important.

Being realistic about what it is that you can achieve over the holidays and learning to say no to certain things if it's not something that you can realistically achieve or are able to do.

Lastly, I'd say just checking in with yourself and being aware of how your body is reacting to things and knowing that if you do get overwhelmed, to seek that professional help if it is something that you think you need help with."

If you are needing further assistance dealing with stress, Juli stated that Envision does have something coming up in the near future.

"We do have a specific holiday workshop coming up here. It is on December 8th and it's a virtual workshop via Zoom from 7:00 pm to 8:30 pm, so if it's a topic that you would like more information on or you would like to learn more about stress and self-care during the holidays I do recommend checking out that virtual workshop."

You can find more info concerning the upcoming workshop on the poster below.

**DO YOU FIND HOLIDAYS OVERWHELMING?** 🎅😞

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Join us as we discuss  
**Stress, Self-Care & the Holidays**  
Tuesday, December 8, 2020

Do you feel dread when thinking about the holidays?  
*You are not alone.*

We will discuss different stressors & effective tools to help make it through the holiday season.

**7:00PM - 8:30PM**  
Virtual Presentation via ZOOM

Please register by December 4, 2020  
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