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## **Holidays or Holidaze?**

**(OKLAHOMA CITY) –** Who stresses during the holidays? According to OnePoll, about 88% of us feel stressed when celebrating the holidays.

“Generally, perfectionists, chronic worriers, the isolated (particularly males), those who are grieving, and those predisposed for emotional illness are highly stressed during the holidays,” said David Swope, LPC, LADC, CEAP, clinical director at Sunbeam. “Some ways we experience stress include constant muscle tension, inability to relax, feeling pressed for time, appetite changes, sleep disturbance, physical or emotional exhaustion, irritability or angry feelings.”

To lower stress, Oklahomans should prioritize by what needs their attention and what can be put off until a later time. Try involving others by asking them to share in the workload and delegate tasks that need to be done. Connect with others. Practice relaxation techniques, such as: taking deep breaths and exhaling slowly; having a massage; exercising; practicing meditation or prayer; visualizing a place that is calm, serene, and gives you a sense of peace; playing; and; enjoying time with friends and family.

“Think positive thoughts, practice stress reduction techniques, and this could be a really enjoyable season for you,” said Swope.

Sunbeam offers high-quality, affordable counseling services for people of all ages who need help with life’s challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Sunbeam’s staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience, and areas of expertise. Counselors are Licensed, License Eligible, or Master Level Interns who are supervised by Licensed Clinicians. Sunbeam’s counselors are professionally trained in individual, marital, relationship and family therapies.

This holiday season, Sunbeam Family Services is asking the community to join them in raising \$87,000 to help children, families and seniors learn, grow, heal and thrive. For more information about Sunbeam’s services, or to make a donation, visit [sunbeamfamilyservices.org](http://sunbeamfamilyservices.org) or call 405-528-7721.

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### About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits, providing help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit [sunbeamfamilyservices.org](http://sunbeamfamilyservices.org), or follow them on Facebook, Twitter and Instagram.