

Forum:[Hack Forums](#)

Thread: [How do you handle holiday stress without losing the festive spirit?](#)

Prawnster - December 19, 2024, 2:28 am

It can be a real stressful time of year, how do you cope?

Deany - December 19, 2024, 2:29 am

I am stressed 99% of the time bro

Slumerican ? - December 19, 2024, 3:00 am

I've been contemplating how to manage my stress while around family during the holidays. I haven't seen most of them in months, and everyone is trying to put their best foot forward as we gather to celebrate good health and honor those no longer with us. There are so many complicated emotions and stresses from both personal and professional lives. I'm uncertain how I'll handle it... maybe alcohol will help, I suppose.

Prawnster - December 19, 2024, 3:07 am

(Dec 19, 2024 03:29 AM)Deany Wrote: [\[CITE\]](#) I am stressed 99% of the time bro
Haha mood.

(Dec 19, 2024 04:00 AM)Slumerican ? Wrote: [\[CITE\]](#) I've been contemplating how to manage my stress while around family during the holidays. I haven't seen most of them in months, and everyone is trying to put their best foot forward as we gather to celebrate good health and honor those no longer with us. There are so many complicated emotions and stresses from both personal and professional lives. I'm uncertain how I'll handle it... maybe alcohol will help, I suppose.
If in doubt, alcohol is always the answer.

sharn - December 20, 2024, 11:06 am

I focus on what really matters, like spending time with loved ones, and let go of the pressure to do everything perfectly.

Bashe - December 20, 2024, 11:10 am

Procrastinating all those feelings for later.

Miles Teller - December 20, 2024, 11:18 am

Just not worry about the small things and enjoy the time with friends/family. Also drinking eggnog helps

Prawnster - December 21, 2024, 12:46 am

(Dec 20, 2024 12:06 PM)sharn Wrote: [\[CITE\]](#) I focus on what really matters, like spending time with loved ones, and let go of the pressure to do everything perfectly.
Yeah focusing on the important bits I think should definitely help.

(Dec 20, 2024 12:10 PM)Bashe Wrote: [\[CITE\]](#) Procrastinating all those feelings for later.
Haha the age old method ?

(Dec 20, 2024 12:18 PM)Miles Teller Wrote: [\[CITE\]](#) Just not worry about the small things and enjoy the time with friends/family. Also drinking eggnog helps
Honestly I can't say I've really ever drank eggnog, think I'll make it a Christmas goal this year to find

some and try some ?

Beherit - December 21, 2024, 1:04 am

I'll let future me in 2025 deal with those problems :D

RangoWorld - December 21, 2024, 3:04 am

By focusing on the event right now with your family. When you are with them laughing. You forget about stress.

Prawnster - December 21, 2024, 8:10 am

(Dec 21, 2024 02:04 AM)Beherit Wrote: [\[CITE\]](#) I'll let future me in 2025 deal with those problems :D
Hahaha putting off issues could make them worse tho ;)

(Dec 21, 2024 04:04 AM)RangoWorld Wrote: [\[CITE\]](#) By focusing on the event right now with your family. When you are with them laughing. You forget about stress.

Yeah that's fair, being in the moment should help to keep your stress low.

BlackRock - December 21, 2024, 8:42 am

Smoke a large mary jane. :D

Prawnster - December 22, 2024, 10:14 am

(Dec 21, 2024 09:42 AM)BlackRock Wrote: [\[CITE\]](#) Smoke a large mary jane. :D
Hahaha that's always a good way to remove any stress for sure.