Sentara® Health Plans

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7 Tips to Enjoy (Not Dread) Holidays with Your Family

Everywhere you look, the holidays are pictured as joyful, picture-perfect gatherings: smiling families around a glowing table, kids who never cry, teens who never roll their eyes, and adults who magically agree on everything. Of course, that's not real life. Real families are wonderfully messy, complicated, and sometimes… exhausting.

For many of us, the holidays are one of the few times we see certain relatives. Reuniting can remind you how much you care about each other—but it can also stir up old stress, grief, or tension. Add in the pressure to fit a whole year's worth of memories into just a few days (sometimes across multiple households), and it's easy for "festive" to turn into "frazzled."

The good news? With a little planning and perspective, the holidays really can feel more joyful and less draining. Here are a few ideas to help:

Read more...

This Month's Webinar

5 Strategies to Actually Enjoy the Holidays this year

So often, the holidays are depicted as a time of blissful good cheer and family connection. Why do so many of us feel busy, pressured, or lonely each year instead? You have the power to do it differently this time around, no matter what the holidays hold for you. All you need is a strategy-one that actually works. This seminar will share 5 tips to actually enjoy the holidays this year and will guide you in creating a customized plan to apply them to your personal holiday situation. Let the festivities begin.

Log-in any time this month to watch the webinar!