



# How to deal with holiday stress according to your MBTI® type



## Home Alone. A Christmas Story. It's a Wonderful Life.

What do all these movies have in common besides the holiday season?

**Stressful situations!** From lack of time to the pressure to give gifts, the holidays can sometimes bring more than just joy.

The good news? Knowing your MBTI personality type can not only help you understand what stresses you most (because it's not the same for everyone), but it can also help you combat holiday stress by knowing your best holiday stress remedies.

## Holiday stressors by MBTI® type

<b>ISTJ</b>	<ul style="list-style-type: none"> <li>Mess or disorder from visiting family</li> <li>Having to change holiday plans</li> <li>Information being too broad with no specifics given</li> <li>Being rushed</li> </ul>	<b>ESTP</b>	<ul style="list-style-type: none"> <li>Inefficiencies in the name of holiday traditions</li> <li>Isolation</li> <li>Holiday plans not working out even with my best efforts</li> <li>Having to make decisions too quickly</li> </ul>
<b>ISFJ</b>	<ul style="list-style-type: none"> <li>Not being appreciated for how I help during the holidays</li> <li>Procrastination and last-minute changes</li> <li>Not enough time to prepare for holiday visitors</li> <li>Dismissing how I feel</li> </ul>	<b>ESFP</b>	<ul style="list-style-type: none"> <li>Not being appreciated for how I help during the holidays</li> <li>Dismissing what I feel</li> <li>Virtual holiday meetups</li> <li>Being unable to change holiday commitments</li> <li>Holiday plans being overly (and unnecessarily) detailed</li> </ul>
<b>INFJ</b>	<ul style="list-style-type: none"> <li>Not being appreciated for "making a difference" during the holidays</li> <li>Others' shortsightedness about the holiday's true meaning</li> <li>Forced time management</li> <li>Holiday suggestions met with criticism</li> </ul>	<b>ENFP</b>	<ul style="list-style-type: none"> <li>Too many details</li> <li>Lack of enthusiasm for the holiday</li> <li>Distrust among family or friends</li> <li>Making holiday plans too far ahead</li> <li>Overcommitting</li> </ul>
<b>INTJ</b>	<ul style="list-style-type: none"> <li>Disorganized home environments</li> <li>Limited time to change holiday plans</li> <li>Talking about our feelings</li> <li>Mindless holiday tradition followers</li> </ul>	<b>ENTP</b>	<ul style="list-style-type: none"> <li>Mundane holiday tasks</li> <li>Focusing on personal problems</li> <li>Isolation</li> <li>Too many details and holiday deadlines</li> </ul>
<b>ISTP</b>	<ul style="list-style-type: none"> <li>Being forced into extraverted holiday plans</li> <li>Out-of-control emotions</li> <li>Disregarding the practical realities just because it's the holidays</li> <li>Lack of independence &amp; forced socializing</li> <li>Small talk</li> </ul>	<b>ESTJ</b>	<ul style="list-style-type: none"> <li>Dismissing logic in favor of holiday tradition</li> <li>Holiday planning with people who aren't organized</li> <li>Inefficiency and indecision</li> <li>Constant changes</li> </ul>
<b>ISFP</b>	<ul style="list-style-type: none"> <li>Too much happening all at once during the holidays</li> <li>Disregarding the practical realities just because it's the holidays</li> <li>Time pressure</li> <li>Dismissing feelings because we have to rush</li> </ul>	<b>ESFJ</b>	<ul style="list-style-type: none"> <li>Disrupting harmony</li> <li>Valuing material things over people</li> <li>Not being appreciated for how I help during the holidays</li> <li>Isolation</li> </ul>
<b>INFP</b>	<ul style="list-style-type: none"> <li>Holiday traditions impeding on individuality</li> <li>Mundane holiday tasks</li> <li>Negativity from others</li> <li>Being rushed</li> <li>Unclear expectations from others</li> </ul>	<b>ENFJ</b>	<ul style="list-style-type: none"> <li>Uncooperative environments</li> <li>Seclusion</li> <li>Excessive criticism</li> <li>Not being appreciated for how I help during the holidays</li> <li>Unexpected holiday plan changes</li> </ul>
<b>INTP</b>	<ul style="list-style-type: none"> <li>Holiday socializing</li> <li>Noise and other interruptions</li> <li>Talking with people who don't listen and I have to repeat myself</li> <li>Following strict holiday traditions</li> <li>Too many extraverted activities</li> </ul>	<b>ENTJ</b>	<ul style="list-style-type: none"> <li>Indecisiveness</li> <li>Inability to make decisions about holiday plans</li> <li>Loneliness</li> <li>Others ignoring established holiday traditions</li> <li>Disorganization</li> </ul>

## How to de-stress

### Move around

"Exercise relaxes tense muscles that become tight and rigid when you experience stress. Exercise delivers oxygen to the brain, vital organs, and muscles immediately and produces endorphins that soothe your mind and body."

—Kathleen Hall, chief executive of The Stress Institute in Atlanta, Georgia

- Going for a walk (alone or with a friend – furry friends count!)
- Stretch while listening to music
- Get people together to play a sport
- Dance in the kitchen



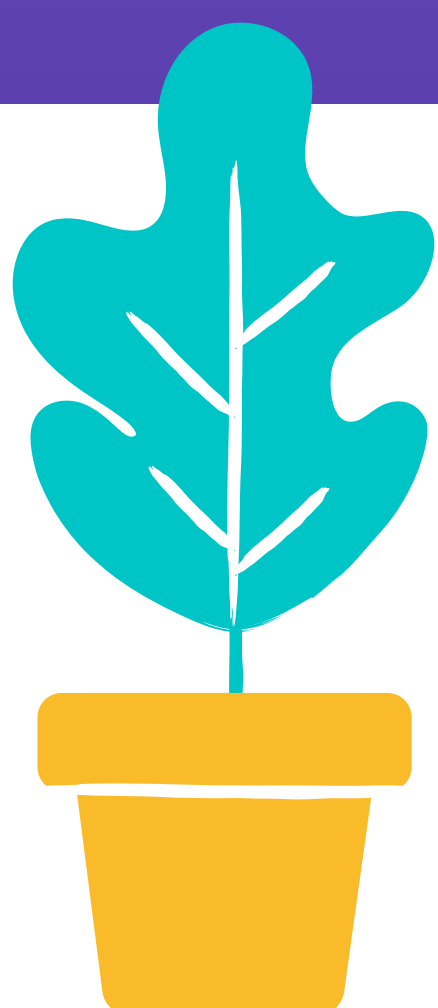
### Do a physical stress check

Do a stress check to try to figure out how stressed you are. Answer these questions:

- Are your shoulders hunched up next to your ears?
- Are you leaning over in a position that could hurt your back?
- Are you pacing or bouncing your legs up and down?
- Is your breathing shallow and quick?



Taking a mental note of these physical symptoms of stress and then actively trying to eliminate them (e.g., by lowering and relaxing your shoulders, sitting up straight) will help reduce your stress immediately. Speaking of breathing...



### Just breathe

Find a quiet place and take five minutes to slow your breathing.

- Take a **deep breath** in through your nose
- Make sure you're **breathing deeply enough** that your chest is expanding
- Hold it** for a count of three
- Slowly **let it out** through your mouth
- Notice the sound** your breath makes as it leaves you
- Repeat for **5 minutes**

## Holiday stress remedies for each MBTI type

<b>ISTJ</b> <b>ISFJ</b>	Take some time alone to appreciate the details around you. Or think about other times when stressful situations ended positively.
<b>ESTP</b> <b>ESFP</b>	Don't forget to ask others for help, even if all you need is a little reassurance.
<b>INFJ</b> <b>INTJ</b>	Be sure to schedule some downtime or time for yourself to re-energize.
<b>ENFP</b> <b>ENTP</b>	Pay attention to your physical needs, such as exercise, and remember that sometimes it's OK to say no.
<b>ISTP</b> <b>INTP</b>	Take time to regroup. Try to mentally take yourself out of the situation for a different vantage point.
<b>ESTJ</b> <b>ENTJ</b>	Try doing some physical activity or talking to someone close to you.
<b>ISFP</b> <b>INFP</b>	Spend as much time alone as you need. Focus on what's right rather than what's wrong.
<b>ESFJ</b> <b>ENFJ</b>	Talk things over with someone outside the situation and be sure to take time to refocus on your values.

