

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.

Add in the recent COVID pandemic and more people working from home, and fear of spreading disease during the normally busy travel season, and it's no wonder we're feeling overwhelmed.

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.

What causes the most holiday stress?



Lack of time



Lack of money

More people will be flying

compared to the 2020 holiday season

155% more people searching international flights¹



212% more people searching domestic flights¹

Expect a car rental shortage

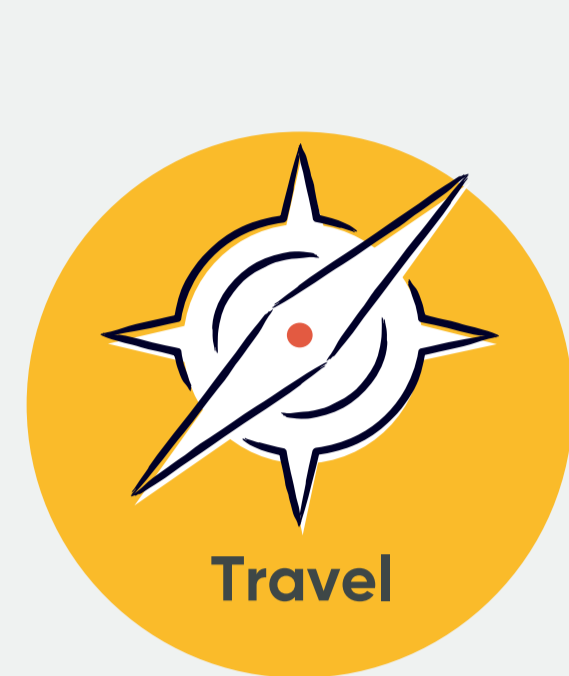
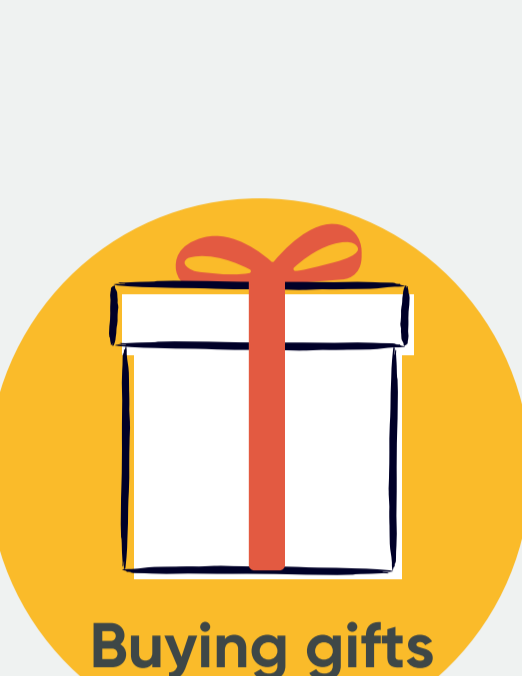
US demand for car rentals is up

229% compared to 2019¹



244% compared to 2020¹

Holiday financial stress:



64% of Americans report feeling stressed about money.²



► Forbes ARTICLE: *Here's how your MBTI type could affect money decisions*

► American Psychological Association article: *Navigating the holidays with COVID affected finances*

Holiday stressors by MBTI® type

ISTJ

- Mess or disorder from visiting family
- Having to change holiday plans
- Information being too broad with no specifics given
- Being rushed

ISFJ

- Not being appreciated for how I help during the holidays
- Procrastination and last-minute changes
- Not enough time to prepare for holiday visitors
- Dismissing how I feel

INFJ

- Not being appreciated for "making a difference" during the holidays
- Others' shortsightedness about the holiday's true meaning
- Forced time management
- Holiday suggestions met with criticism

INTJ

- Disorganized home environments
- Limited time to change holiday plans
- Talking about our feelings
- Mindless holiday tradition followers

ISTP

- Being forced into extraverted holiday plans
- Out-of-control emotions
- Disregarding the practical realities just because it's the holidays
- Lack of independence & forced socializing
- Small talk

ISFP

- Too much happening all at once during the holidays
- Disregarding the practical realities just because it's the holidays
- Time pressure
- Dismissing feelings because we have to rush

INFP

- Holiday traditions impeding on individuality
- Mundane holiday tasks
- Negativity from others
- Being rushed
- Unclear expectations from others

INTP

- Holiday socializing
- Noise and other interruptions
- Talking with people who don't listen and I have to repeat myself
- Following strict holiday traditions
- Too many extraverted activities

ESTP

- Inefficiencies in the name of holiday traditions
- Isolation
- Holiday plans not working out even with my best efforts
- Having to make decisions too quickly

ESFP

- Not being appreciated for how I help during the holidays
- Dismissing what I feel
- Virtual holiday meetups
- Being unable to change holiday commitments
- Holiday plans being overly (and unnecessarily) detailed

ENFP

- Too many details
- Lack of enthusiasm for the holiday
- Distrust among family or friends
- Making holiday plans too far ahead
- Overcommitting

ENTP

- Mundane holiday tasks
- Focusing on personal problems
- Isolation
- Too many details and holiday deadlines

ESTJ

- Dismissing logic in favor of holiday tradition
- Holiday planning with people who aren't organized
- Inefficiency and indecision
- Constant changes

ESFJ

- Disrupting harmony
- Valuing material things over people
- Not being appreciated for how I help during the holidays
- Isolation

ENFJ

- Uncooperative environments
- Seclusion
- Excessive criticism
- Not being appreciated for how I help during the holidays
- Unexpected holiday plan changes

ENTJ

- Indecisiveness
- Inability to make decisions about holiday plans
- Loneliness
- Others ignoring established holiday traditions
- Disorganization

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.

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

Holiday stress remedies for each MBTI type

ISTJ Take some time alone to appreciate the details around you. Or think about other times when stressful situations ended positively.

ESTP Don't forget to ask others for help, even if all you need is a little reassurance.

INFJ Be sure to schedule some downtime or time for yourself to re-energize.

ENFP Pay attention to your physical needs, such as exercise, and remember that sometimes it's OK to say no.

ISTP Take time to regroup. Try to mentally take yourself out of the situation for a different vantage point.

ESTJ Try doing some physical activity or talking to someone close to you.

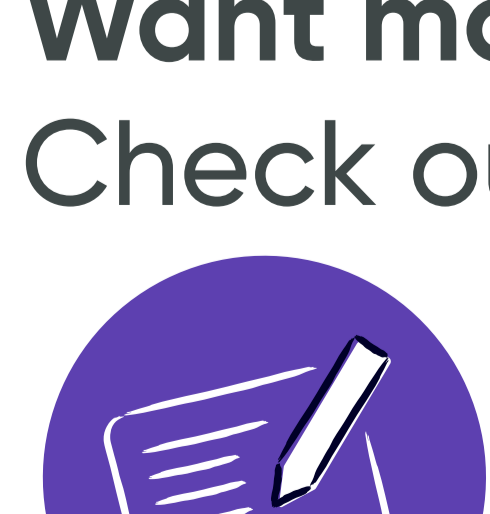
ISFP Spend as much time alone as you need. Focus on what's right rather than what's wrong.

ESFJ Talk things over with someone outside the situation and be sure to take time to refocus on your values.



Want more?

Check out these other MBTI type related articles:



- Best gifts for each MBTI type
- New Year's resolutions for each MBTI type
- Improving your relationship with your kids by taking the MBTI

¹ <https://www.travelandleisure.com/holiday-travel/busiest-travel-days-holidays-2021> ² APA's 2020 Stress in America survey