

7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.



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Mental Health Interventions in Everyday Life Alan E. Kazdin, 2025-10 Bacon's Media Calendar Directory ,1996

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