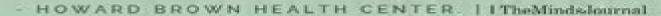
The Top // Mental Health Tips For The Holidays

- 1. Be kind to yourself.
- 2. More is not necessarily better.
- 3. Keep expectations realistic.
- Old patterns will naturally start to appear around the holidays, especially when you are with relatives or under stress.
- Remember that other people cannot read your mind or anticipate your needs.
- Remember that "family" is another way of saying "people who love, support, and care about me."
- Pause and think through any major announcements or decisions you want to make during the holidays.
- 8. Plan sanity time-outs.
- Choose your battles.
- Do something silly.



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Ernalyn Bautista

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