



7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

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



BE REALISTIC

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



STAY ACTIVE

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



DON'T WORRY

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



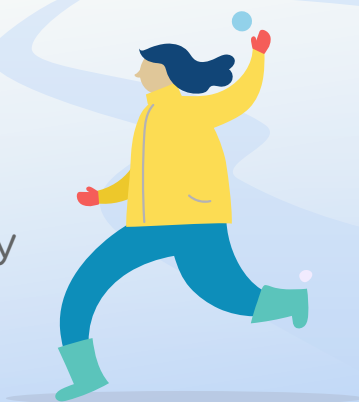
JUST SAY NO

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



SET ASIDE DIFFERENCES

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



ACKNOWLEDGE YOUR FEELINGS

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

