



# 6 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



## PLAN AHEAD

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



## STAY ACTIVE

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



## BE REALISTIC

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



## JUST SAY NO

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



## SET ASIDE DIFFERENCES

Enjoy each others company and talk about topics that bring happiness.



## SELF CARE

Take time to appreciate yourself during the holiday season.

