



TIPS FOR A HAPPY HOLIDAY

Navigating the holidays isn't easy, but putting your mental health first can help! There's a lot that can make this time of year feel not so wonderful. Prioritizing your mental health can help reduce the holiday stress and help you enjoy the season.

FEELING THE WINTER BLUES? YOU ARE NOT ALONE!



64% of people living with a mental health condition say their **symptoms are worse over the holiday season.**

Current events, loneliness, and economic hardships can all add to the stress of the season.

The end of the year is often a time to examine what you accomplished, and you may feel like you just didn't measure up to where you "should" be. **(You're exactly where you should be. Give yourself a pat on the back - you deserve it!)**



PUT THE HAPPY IN HAPPY HOLIDAYS!



Before we get into the full swing of the holidays, **find healthy ways to reduce stress** that make you truly happy.



Explore some new ways to help you reduce stress. **Try an activity** like listening to relaxing music or cooking a new recipe.



Make time for your favorite activities. Even a few minutes for your own self-care can help manage anxiety and make room for the holiday joy.



Adjust your expectations. This year may look different, and that is okay!



Try a **new family tradition** via Zoom or by sending letters.



Spend time **thinking about what you have learned** over the past year rather than the areas where you feel like you didn't measure up.