

# TIPS FOR DEALING WITH HOLIDAY STRESS



## KEEP HEALTHY HABITS

Daily walks, good sleep, and staying hydrated can help stabilize your mood and improve long-term mental well being.



## MAKE TIME FOR YOURSELF

Spending time with family and friends can be overwhelming. If you need a moment for yourself, try stepping away to a quiet room or run errands.



## MANAGE EXPECTATIONS

Keep in mind the role you play in holiday gatherings. Hosts have different roles and responsibilities than guests.



## ASK FOR HELP

If you are feeling especially sad, stressed, or depressed, ask for help. Talk to a mental health professional or a primary care physician for guidance and support.



## EMPHASIZE THE GOOD

Expressing positive emotions increases your happiness. Engage in activities that promote happiness, such as gratitude journaling, sharing positive stories and thoughts, or writing thank-you notes to people you care about.



## FOCUS ON WHAT YOU CAN CONTROL

One of the worst kinds of stress is when you don't feel in control. To avoid this, plan ahead and be realistic with what is in your sphere of control.