



WAYS TO COPE WITH HOLIDAY STRESS

PREVENT BURNOUT

It's okay to say "no" or simplify situations that may bring stress (e.g. missing a party in a week that's been too intense at work or opting for store-bought cookies, rather than homemade). Prioritize what brings joy and positive emotional energy.

TAKE A BREAK

If you'll be around family, friends, or other gatherings, it's okay to step outside or find some time for yourself away from the crowd.

PRACTICE MINDFULNESS

Mindfulness practices (such as meditation, journaling, yoga, deep breathing, and more) can be particularly helpful during the holidays.

GO OUTSIDE

Get some fresh air and sunlight! Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better concentration, lower levels of inflammation, and improved mental energy.

CONTINUE THERAPY

If you're currently seeing a professional – keeping scheduled therapy sessions helps ensure you've set aside time to explore any feelings that may come up during the holidays. If you'll be traveling, ask your therapist about a virtual meeting option.

AVOID FINANCIAL STRESS

If you participate in gift-giving, consider a homemade or handmade items instead of expensive gifts.

CELEBRATE THE LIVES OF THOSE YOU'VE LOST

Feelings of grief and loss during the holidays can be difficult to manage. Instead of trying to avoid thinking about your loved one, try honoring them by getting together with other family members and friends and celebrating their life stories.

