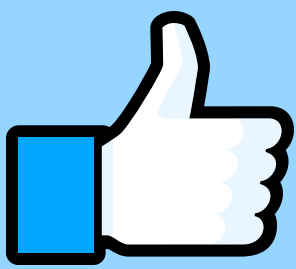


# HOLIDAY STRESS



## DO'S & DON'TS



### Acknowledge Your Feelings

If you're grieving or you can't be with loved ones, realize that it's normal to be sad or feel grief. It's okay to take time to express your feelings.

### Balance Expectations

Holidays don't have to be perfect and you may not get everything you want, but remember to let go of things you cannot control and be thankful for what you have.

### Reach Out

If you feel lonely or isolated, seek out friends, family or community. Volunteering is also a great way to lift your spirits and create new friends.

### Plan Ahead

Set aside specific days for shopping, baking, visiting friends, etc. And make sure to line up help for party prep and cleanup!

### Take a Breather

Make some time for yourself, even if it's just 15 minutes alone, without distractions. Find something that reduces stress like a walk, music, breathing exercises, or a massage. Restore your inner calm!



### Try to Do Too Much

Learn to say no. Saying yes when you don't want to can make you feel resentful and overwhelmed. Delegate duties and manage your time wisely.

### Overspend

Create a budget and stick to it. Don't try to buy happiness with gifts, instead remember it is your presence not presents that make the holidays great!

### Hold Onto Grudges

Try to accept family members and friends as they are; set aside grievances until a more appropriate time for discussion.

### Abandon Your Health

Don't let the holidays become a free-for-all. Over-eating only adds to your stress and guilt. Try healthy snacks instead and get plenty of exercise.

### Be Afraid to Ask for Help

Despite your best efforts, you may still need someone else to talk to, a crisis text line is available 24/7 to help you through a crisis. To speak to a licensed professional, simply text "creek" to 741741 and be connected in minutes!