

SELF-CARE

Holidays can be a stressful time for many people. This stress can be due to a loss of a loved one, financial issues, health concerns, loneliness, depression, anxiety or any mental health or substance abuse issues. Stress can also be found in having too much to do and too little time, trying to create the “perfect” holiday, taking care of others and exhaustion.

Below are ways to increase your self-care so you can enjoy a more joyous holiday season!

- Connect with others
- Physical Activity
- Deep Breathing
- Relaxation
- Eat Healthy
- Get a Goodnight's rest
- Find a hobby
- Laugh
- Gratitude
- Say NO