TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS

PLAN AHEAD
Have a plan in place for all your holiday tasks and activities.

BE REALISTIC
Money stress can add up fast. Choose affordable, meaningful gifts instead of overspending.

DON'T WORRY
Don't feel obligated to complete every small thing on your list.

STAY ACTIVE
Stick to your regular sleep, meal, and activity schedule when possible.

TAKE 'ME' TIME
Take a few minutes each day for something that helps you unwind: a walk, reading, deep breathing, or coloring. Small pauses can reset your mind.

JUST SAY NO
If you have too much on your plate, let your friends and family know. Ask for help or remove some items.

Remember, the best holidays aren't perfect – they're peaceful. Give yourself permission to rest, laugh, and enjoy the simple moments. Give us a call if you'd like some help managing stress, anxiety, or seasonal sadness.

PMR HEALTHCARE
SINCE 2005