



Managing holiday stress

The holidays bring joy, good food, and family time, but they can also bring stress and anxiety. Use these tips to decrease stress and make your holiday season merrier.



Have realistic expectations

Accepting that plans may need to adapt around your symptoms can help ease holiday stress—and remember, modified celebrations are still meaningful. To help manage low energy, you might decide to have smaller visits with loved ones throughout the season versus attending large gatherings that tend to drain your energy.



Don't be afraid to tell people no

Saying no might feel like you're letting someone down, but it's important to put your well-being first. If you feel like you're taking on too much, don't be afraid to say no.



Keep practicing your healthy habits

Keeping up with your healthy eating and exercise habits is important. Try to keep your normal routine even during the holidays. If you walk at 9 a.m. every morning, keep it on your schedule!



Prioritize rest and relaxation

Taking time to unwind and rest is key to feeling your best emotionally and physically. Set aside time to watch a movie, take a walk, or practice meditation.



We are here to help!

We are here to support you along the way. Reach out if you need help managing holiday stress.