

December 2021



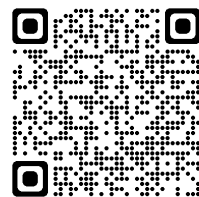
Managing Holiday Stress

Follow these tips to manage stress so you can enjoy the holidays with friends and family

- Plan ahead and schedule key activities.
- Keep practicing healthy eating and exercise habits.
- Set boundaries with friends and family; learn to say “no.”
- Reach out to people if you feel lonely or isolated.
- Make time for yourself so you can relax.

*If you need help, you can talk to your clinician.
Call 9-1-1 if it is urgent.*

www.maine.gov/dhhs/about/contact/hotlines.html



Sources: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

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