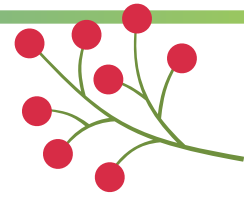


# Stress Relief Tips for the Holidays



**The holiday season can be stressful, but here are some tips to help you keep calm and carry on!**



- Enjoy the great outdoors with a brisk walk.
- Play with your pet.
- Grab some quiet time alone.
- Unplug from your devices and hit your own reset button.
- Try an online yoga class.
- Make a healthy meal and enjoy each bite.
- Take a dance break — sing or dance to your favorite songs.
- Try adding a new exercise to your routine.
- Be a kid again and put some playtime into your day.
- Meditate.
- Bake your favorite dish and enjoy it.
- Call or text a friend.
- Laugh, it really is the best medicine!
- Watch a new tv show or movie.
- Spend time with your family.
- Start a game night tradition, find those old board games and test your trivia.
- Read your favorite book.
- Listen to your favorite holiday music.
- Eat slowly and notice the different flavors.
- Light a candle, dim the lights and relax.
- Hydrate your body throughout the day.
- Use a planner to help organize your to-do list.
- Prioritize sleep and get an adequate amount each night.
- Incorporate stretching into your day.
- Do something nice for someone else.
- Enlist the help of your kids or other family members with your to-do's.
- Garden or water your plants.
- Try a new hobby, such as knitting.
- Spend an extra 10 minutes in bed before starting your day.
- Cuddle and hug loved ones.
- Organize items in your home.
- Get takeout and skip cooking tonight.
- Find some crayons or paint and let your creativity flow.
- Listen to an entertaining podcast.
- Clean out your closet.
- Play a video game.
- Practice deep breathing exercises.
- Take a hot bubble bath or shower.

if you or someone you love is struggling with mental health, please contact a medical professional.

