# TIPS TO BEAT
## the Holiday Stress

The holidays are here again! While this can be a great time to enjoy friends and family, it can also be stressful. Here are some tips to decrease stress and increase fun.

### PLAN AHEAD

Make a list and check it twice! Planning can help you stay organized and reduce last-minute stress.

### TAKE BREAKS

Don't forget to take time for yourself. A short walk, a cup of tea, or a few minutes of meditation can do wonders.

### CONNECT

Spend quality time with family and friends. Virtual gatherings can be just as meaningful.

### REALISTIC EXPECTATIONS

Remember, the holidays don't have to be perfect. Focus on what truly matters.

### PRACTICE GRADITUTE

Take a moment each day to reflect on what you're grateful for. It can boost your mood and reduce stress.

### SAY NO, WHEN NEEDED

t's okay to decline invitations or requests if you're feeling overwhelmed. Your well-being comes first.

### SEEK SUPPORT

If you're feeling overwhelmed, don't hesitate to reach out for support. Talking to a friend or a professional can help.
988 – Help Line.

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