

The holiday season, while joyful for many, can also bring stress, anxiety, and even depression due to pressures like financial strain, family expectations, and time management.

Here are some useful tips to help prevent holiday stress and depression:

1. Set Realistic Expectations
2. Stick to a Routine
3. Manage Time Wisely
4. Set a Budget and Stick to It
5. Avoid Comparing Yourself to Others
6. Reach Out for Support
7. Practice Self-Care
8. Set Boundaries with Family
9. Focus on Gratitude
10. Plan for Grief or Loneliness
11. Limit Alcohol and Caffeine
12. Give Back

By setting realistic goals, maintaining healthy boundaries, and focusing on self-care, you can better navigate the holiday season and reduce the risk of stress or depression.

Give us a call if you'd like to speak with your doctor about how to better manage stress and depression.

PMR
HEALTHCARE

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