

Managing Holiday Stress

Ensure a Stress-Free Holiday

If you tend to find your stress levels rising during the holidays, take comfort in the knowledge that you are far from alone. Nearly **nine in 10 (89%)** U.S. adults say that this time of year causes more stress. However, taking some simple, conscious steps can help minimize or even ward off situational holiday stress and depression.

These simple tips can help you **be more prepared** to handle any stressors that come your way, so you can face the season with a positive outlook... and hopefully, you'll enjoy your most stress-free holiday yet!

TIPS TO MANAGE HOLIDAY STRESS



SOURCES: Mayo Clinic, Northwestern Medicine, American Psychological Association