



# Coping with Holiday Stress

For some, the holidays are a magical time filled with family, friends, parties and good fun, however this is not the case for everyone. The truth is, there are many people who find the holiday season an especially difficult time of year.

## **The holiday season can be challenging for many different reasons:**

- The loss of a family member or friend
- Not being able to do what we used to do in years past due to the pandemic
- Financial stress
- Inability to be with family
- Painful memories of the past
- Difficult family relationships
- Changes in daily routines
- Lack of sleep
- Drinking or eating more/differently than usual

## **But there are many steps you can take to help care for yourself this holiday season:**

- Create new traditions & celebrate the holidays in a new way
- Reach out to safe and trusted family members and friends to make plans
- Plan ahead and engage in relaxing and enjoyable activities
- Make a budget for holiday spending and stick to it
- Identify, set, and maintain personal boundaries
- Limit time spent on social media and refrain from making comparisons
- Connect with others who understand and validate your feelings and are willing to listen and provide compassionate support
- Volunteer in the community and give back
- Practice self-care and speak to yourself kindly
- Exercise, take care to get good sleep, and eat nutritiously

**Practicing these tips may assist you in combating some of the stress of the holiday season, but if you find that you are still having trouble coping, you are not alone.**

**Please reach out to a trusted person, doctor, or mental health professional.**

**Hudson Guild Mental Health Clinic: (212) 760-9822**