

REMARKS

Mental Wellness During the Holidays

For some, the holiday season can bring moments of joy and celebration, provide a break from work, school, and other daily routines. Holidays can also be a welcome way to reconnect with family and friends. For others, this time of year can be a time of stress, grief and increased mental health symptoms. We may feel pressure to participate in countless holiday traditions and events, especially if we have children. Everything just seems busier.

How can we take care of our mental health during the holidays?

I will provide realistic tips we can use daily to maintain mental wellness during the holiday season.