

School Mental Health Newsletter

The holiday season, while a time for joy and connection, can also bring stress and feelings of depression for many people. The pressure to meet expectations, financial strain, and emotional challenges can all contribute to heightened anxiety. Fortunately, there are several ways to manage these feelings.

Set Realistic Expectations: Avoid the pressure of perfect holidays. Accept that things might not go as planned, and that's okay.

Prioritize Self-Care: Schedule time for relaxation, whether it's a walk, reading, or a warm bath. Don't skip meals or sleep.

Delegate Tasks: Share responsibilities, whether it's cooking, shopping, or cleaning. Enlist help from family members to lighten the load.

Create a Budget: Financial stress is common. Set a holiday budget and stick to it to avoid overspending.

Limit Social Media: Constant comparisons to "perfect" holiday moments can add pressure. Take breaks from social media to focus on your own experiences.

Practice Mindfulness: Stay present in the moment. Focus on the joy of being with loved ones rather than getting caught up in the hustle.

Stay Active: Exercise can reduce stress and boost mood. Even a short walk can make a difference.

Reach Out for Support: If stress becomes overwhelming, talk to someone—a friend, therapist, or support group can help you manage tough emotions.

By following these steps, you can keep holiday stress at bay and make the most of the season.