



Image from: <https://www.nemacolin.com/happenings/thanksgiving-weekend/>

Health and Counseling Center Holiday Wellness Guide

The holidays can be a difficult time for many different reasons. For some people it can be due to spending time with family, traveling, or social obligations. For others, it can be due to a lack of those things. Whatever your holiday season may look like, we would like to encourage you to prioritize taking care of yourself. Here are some resources that could help make this time of year more manageable.

The Ultimate Family Holiday Survival Guide Gallery – The Daily Meal

<https://www.thedailymeal.com/entertain/ultimate-family-holiday-survival-guide-slideshow-photos/slide-16>

Find Your Holiday Happiness: Manage Anxiety and Depression – Anxiety and Depression Society of America

<https://adaa.org/living-with-anxiety/managing-anxiety/managing-holiday-anxieties>

Avoiding Holiday Stressors: Tips for a Stress-Free Season – National Alliance on Mental Illness

<https://www.nami.org/Blogs/NAMI-Blog/December-2018/Avoiding-Holiday-Stressors-Tips-for-a-Stress-Free-Season>

Navigating The Holiday Season – National Eating Disorder Association

<https://www.nationaleatingdisorders.org/blog/navigating-holiday-season>

Mental Health Survival Guide: 10 Skills for Maintaining Your Mental Health During The Holidays – EHN Canada

https://www.opdi.org/de/cache/resources/15/rs_Mental-Health-Survival-Guide-Holiday-Edition.pdf

10 Common Holiday Stresses and How to Cope With Them – Psychology Today

<https://www.psychologytoday.com/us/blog/in-the-age-anxiety/201111/10-common-holiday-stresses-and-how-cope-them-0>

Navigating Holiday Eating With Confidence – Eating Recovery Center

https://www.uwlax.edu/globalassets/offices-services/counseling/eating-disorders--holidays_09-12.pdf