



Managing Holiday Stress Articles and Resources

1. Mayo Clinic: [Stress, Depression and the Holidays: Tips for Coping>>](#)
2. CDC: [Safer Ways to Celebrate the Holidays \(updated Oct 2021\)>>](#)
3. Behavioral Wellness Group: [Managing Relationships Through the Holidays>>](#)
4. Harvard Health: [12 Tips for Holiday Eating>>](#)
5. Stanford: [Surviving the Family Holiday>>](#)
6. Tiny Buddha: [How to Reduce Holiday Stress by Setting Strong Boundaries>>](#)
7. Psychology Today: [How to Ease the Pain of Isolation During the Holidays>>](#)
8. McLean Hospital: [Guide to Managing Mental Health Around the Holidays>>](#)
9. Psychology Today: [Overcoming the Holiday Blues>>](#)
10. Psychology Today: [Reduce Holiday Stress by Educating Others about Your Health>>](#)
11. Arthritis Life Podcast: [How to Survive the Holidays with Chronic Illness>>](#)