



Managing Holiday Stress

Articles and Resources 2022

1. Mayo Clinic: [Stress, Depression and the Holidays: Tips for Coping>>](#)
2. CreakyJoints.org: [30 Tips for Coping with Chronic Illness During the Holiday Season](#)
3. Behavioral Wellness Group: [Managing Relationships Through the Holidays>>](#)
4. Stanford: [Surviving the Family Holiday>>](#)
5. Tiny Buddha: [How to Reduce Holiday Stress by Setting Strong Boundaries>>](#)
6. Psychology Today: [How to Ease the Pain of Isolation During the Holidays>>](#)
7. McLean Hospital: [Guide to Managing Mental Health Around the Holidays>>](#)
8. Psychology Today: [Overcoming the Holiday Blues>>](#)
9. Psychology Today: [Reduce Holiday Stress by Educating Others about Your Health>>](#)
10. Harvard Health: [12 Tips for Holiday Eating>>](#)
11. Arthritis Life Podcast: [How to Survive the Holidays with Chronic Illness>>](#)
12. CDC: [Strategies for a Healthy and Safe Holiday Season>>](#)