Managing Holiday Stress - Articles and Resources 2023

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. Harvard Health: 12 Tips for Holiday Eating>>

4. Tiny Buddha: How to Reduce Holiday Stress by Setting Strong Boundaries>>

5. Psychology Today: How to Ease the Pain of Isolation During the Holidays>>

6. McLean Hospital: Guide to Managing Mental Health Around the Holidays>>

7. Psychology Today: Overcoming the Holiday Blues>>

8. Psychology Today: Reduce Holiday Stress by Educating Others about Your Health>>

9. Arthritis Life Podcast: How to Survive the Holidays with Chronic Illness>>

10. US Pain Foundation: Tips for Surviving the Holidays with Chronic Pain>>