



## 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>>](#)