Delighting in the Season Resources **November 2026**

1. Psychology Today: Tips for the Holiday When Dealing with Chronic Illness
2. Burning Nights, CRPS: Coping with Pain at Christmas: 15 Tips for a Flare-free Festive Season
3. Psychology Today: How to Handle Holiday Stress
4. Pain Treatment Centers: Weather and Pain: How Seasonal Changes Affect Chronic Pain Conditions
5. Banner Health: Travel Safely with Chronic Conditions This Holiday Season
6. US Pain Foundation: Tips for Surviving the Holidays with Chronic Pain
7. Creaky Joints: 30 Tips for Coping with Chronic Illness During the Holiday Season
8. Lupus.org: Sharing the Journey: Managing Holiday Stress
9. Southeast Pain & Spine: How Weather Changes Affect Chronic Pain – Tips for Managing Flareups
10. Psychology Today: The Gift of Humor: Relieving Holiday Stress and Spreading Joy
11. Harvard Health: 12 Tips for Holiday Eating
12. Harvard Health: Navigating a Chronic Illness During the Holidays
13. Tiny Buddha: How to Reduce Holiday Stress by Setting Strong Boundaries
14. Psychology Today: 4 Practices to Reduce Holiday Stress
15. North of Atlanta Pain Clinic: 7 Tips for Managing Chronic Pain During the Holidays
16. Insight Timer: Tools for Easing Pain and Enhancing Calm