

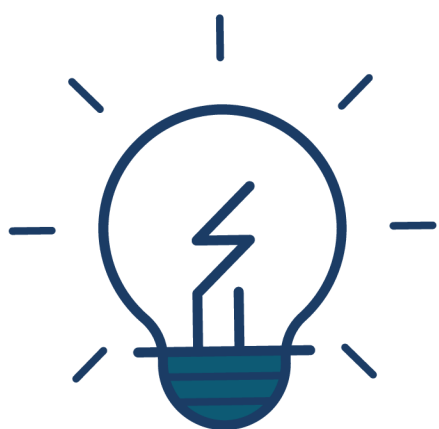
GEARS OF CHANGE



COMBATING HOLIDAY STRESS

SET BOUNDARIES

Establishing boundaries during the holiday season is a must! Boundaries allow you to protect your peace, while enjoying the holiday with friends and family. Boundaries during this time can look like saying “no” or not overextending yourself to please others.

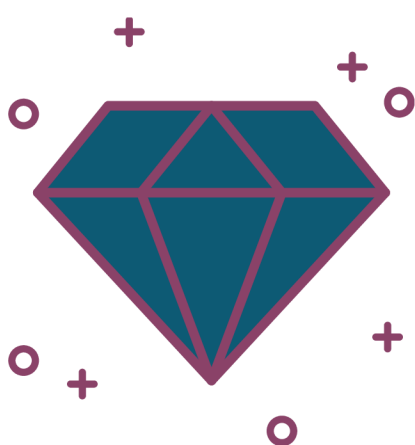


MAKE TIME FOR YOURSELF

While holidays are usually spent with family and friends, make sure you set aside time for yourself. Too much time with others can be overwhelming and lead to anxiety. Taking time for yourself is not selfish.

MANAGE EXPECTATIONS

The holiday season often comes with a lot of expectations. Don't force yourself to exceed expectations. Be mindful of your limits. The same goes for your budget. Remember to stick to a budget and not hurt yourself financially.



REACH OUT IF YOU NEED HELP

Holidays are tough for many different reasons. If you are having a hard time dealing with grief around the holidays. Reach out for help. Taking care of yourself mentally is one of the best gifts you can give.