

# Tips to prevent holiday stress and depression

**Directions:** On the left are specific tips that you might try to implement. On the right, think about how you might approach it with a particular issue that you are facing in your life.

Specific Tip	My Strategy
Acknowledge your feelings	
Reach out	
Be realistic	
Set aside differences	
Stick to a budget	
Plan ahead	
Learn to say no	
Don't abandon healthy habits	
Take a breather	

