HOLIDAY STRESS

During the holiday season, remember to prioritize your mental health. The darker days and worsening weather combined with expectations of gatherings, expenses, and travel can elevate anyone's stress and anxiety. For those with mood disorders, the feelings can compound.

Things You Can Do To Manage Holiday Stress:

- ❑ Keep Up With Self-Care
  (Sleep, Eat Healthy, Hydrate, & Take Breaks)
- ❑ Maintain Realistic Expectations
  (Avoid 'Perfection', Remember… Life Happens)
- ❑ Set Healthy Boundaries
  (Ok to Say No, Budget Your Time and Money)
- ❑ Use Mindfulness & Grounding Techniques
  (Breathe/Meditate, Acknowledge Your Feelings)
- ❑ Seek Support When Needed
  (Connect with Supportive Friends & Family, Utilize Support Groups, Talk to Your Therapist)

DBSA
Depression and Bipolar Support Alliance
West Virginia State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862