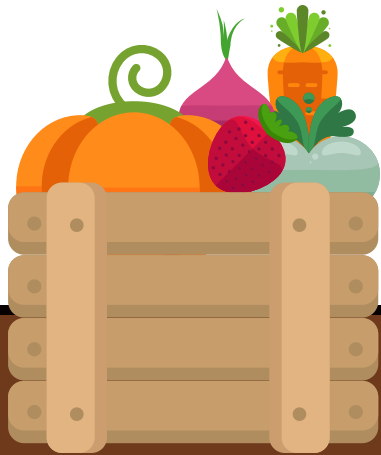




3 EASY WAYS TO AVOID ANXIETY OVER THE HOLIDAYS



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1 Maintain Healthy Habits

Being active, eating a balanced diet, and getting enough rest are not only good for you physically, but mentally too.

But this doesn't mean you have to do anything drastic over the holidays. Instead aim for balance with healthy breakfasts, extra helpings of vegetables, and nutritional supplements.

2 Lean on Your Support System

No one should try to cope without the help of a strong support system. If you're travelling over the holidays and will be away from your support network, stay in touch with those who can help you most by calling and texting. Just make sure you don't incur overage charges.

3 Embrace Acceptance

Even when you have the healthiest routine and the best support system, stress during the holidays may still happen. That is why it is important to practice acceptance. By practicing acceptance, we release the resistance that has been creating stress and tension, and in turn, feel more relaxed.



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