

MENTAL HEALTH CORNER

Tips for dealing with Holiday Stress:

- Acknowledge your feelings, and don't keep them bottled inside. Just because it's a happy season doesn't mean you'll be happy all the time.
- Reach out if you feel lonely or isolated.
- Be realistic, don't expect everything to go perfectly, or continue to be the way it's always been.
- Try to set aside differences and be understanding of others.
- Stick to your holiday budget and plan ahead.
- Learn to say no when you need to. You may not be able to attend everything you're invited to.
- Remember to use your healthy habits.
- Make time for yourself, especially when feeling overwhelmed. A 15 minute break to be alone and do something relaxing could make a huge difference in your ability to handle all your tasks.
- Seek professional help if necessary. Some people still find themselves to be persistently sad or anxious around the holidays despite their best efforts. If those feelings last for a while and interfere with your ability to go about your day, consider seeking help from your Physician or a Mental Health Professional.

Find out more at: [MayoClinic.org](https://www.mayoclinic.org)

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

Due to the Holiday season, Alcohol and Drug related vehicle accidents are the most common during this time of year. Don't become a part of the statistics, always plan a safe way home.



Our next Healthy lifestyle Change Class starts on January 19th at 12pm.

To register go to JuniperHealth.org and click on "Health and Wellness Registration."