

Happy Holidays from HAAM!



How to Deal with Holiday Stress

Plan Ahead

Plan, organize, and prioritize to avoid burnout, disappointment and fatigue

Say No

With holiday commitments, it is OK to say no to a few or all of them

Take Time for Yourself

Whether its journaling, a hike, or a bath, giving yourself time to decompress is essential

Be Realistic

Be realistic with how much you can handle this season

Identify a Support System

Whether its a therapist, friend, or partner, having someone to open up with is essential



If you need help coping with Holiday stress, call us!



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