



10 Mental Health Tips to Use During the Holidays

- * Set realistic expectations
- * Establish boundaries
- * Prioritize self-care
- * Maintain healthy routines
- * Stick to a budget
- * Limit social media
- * Volunteer or help others
- * Practice mindfulness
- * Plan for triggers
- * Create new traditions



Holiday Gift Guide Mental Health Tips This Week

Clifford Lane



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- National Association for Mental Health National Association for Mental Health (U.S.),1959 *Orange Coast Magazine*
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Hapgood,1887 **The Rural New-Yorker** ,1892 *Namh Reporter* ,1963

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 - Chapter 2: Essential Elements of Holiday Gift Guide Mental Health Tips This Week
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 - Chapter 4: Holiday Gift Guide Mental Health Tips This Week in Specific Contexts
 - Chapter 5: Conclusion
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