



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

Mental Health Tips Holiday Gift Guide 2025

Rose Arny

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