



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 How To

Judd E. Hollander

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Print Media Editorial Calendars ,1988-10 **Chicago Tribune Index** ,1997 **Report** World Health Organization. Expert Committee on Mental Health,1959 *The Hollywood Reporter* ,1991 *Instructor* ,1969 **148 Do-its for Early Learners** Sharla Feldscher,1977 **Namh Reporter** ,1963

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