



## 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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