



# TIS THE SEASON TO BE...STRESSED?



**Here are some tips to take the stress out of the  
Holiday season!**

1. **Acknowledge your feelings:** Taking ownership of your feelings is a great first step in conquering the stress of the Holiday season.
2. **Ask for help:** For some, the Holiday season is a time of loneliness rather than togetherness. If you find yourself feeling lonely, depressed, or stressed, please call us at 812-479-1916 to speak with one of our providers.
3. **Be realistic:** With social and news media outlets advertising the trendiest of decor this holiday season, be realistic with yourself and your limits when planning your celebration.

Information courtesy of: Stress, depression and the holidays: Stress, depression and the holidays: Tips for coping - Mayo Clinic

**Call us to schedule an appointment at  
812-479-1916**

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