

Are You Experiencing Holiday Stress?

Holidays can be stressful, and celebrating holidays during the COVID-19 Pandemic can add to that stress. Here are some tips for successfully navigating the season.

- Check in on yourself – Consider your experiences over this past year and how they may impact your mental and physical wellbeing this holiday season. Take some time for yourself during the festivities.
- Acknowledge your stress level – Stress is a normal part of the holiday season, and trying to ignore it will not make it go away. Acknowledging your stress will allow you to face it and deal with it.
- Maintain your routine – Eating right, exercising, and getting enough sleep are more important than ever during high stress times. Having a set routine can also help to reduce stress and make you ready to face the new year.
- Don't be afraid to say "no" – Although you may be tempted to say yes to every invitation, this can quickly become exhausting. You are allowed to only participate in the holiday activities that you find fulfilling. This also extends to activities you may not be comfortable participating in because of COVID-19 concerns.
- Set a budget and stick to it – Consider saving money by making homemade gifts or organizing a Secret Santa gift swap. Remember that your time and your presence are the most important gifts this season.
- Stay connected – Help someone in your community this year, and don't be afraid to ask for support yourself. Embracing your community can be a great way to help others, and to make the holidays easier on yourself.

Struggling with holiday stress during the COVID-19 pandemic?

Reach out to Alabama Apart Together.

We're here to listen and help.

1-888-442-1793



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National Distress Help Line (800) 985-5990

United Way Help Line #211

ACRU (Alabama COVID Response Unit) Free Counseling (205) 206-4870