



## **MANAGING MENTAL HEALTH DURING THE HOLIDAY SEASON & HOW BREE HEALTH CAN HELP**

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The holiday season brings joy and excitement but can also bring added stress. Between social gatherings, financial concerns, and balancing work with personal commitments, it's no surprise that this time of year can become overwhelming.

According to the American Psychological Association, 38% of people report higher stress levels during the holidays due to financial strain, time constraints, and family dynamics. However, Bree Health is here to support you with a suite of resources and services tailored to help you manage holiday stress effectively.



## **Self-Guided Mental Health Resources and Solutions Paths**

For those looking to manage holiday stress independently, Bree Health offers thousands of on-demand resources, including articles, videos, and interactive activities. The Solutions Paths feature provides customized mental health and personal development guidance tailored to individual goals, making it easier to find the specific support you need this season.

## **TIPS FOR MANAGING HOLIDAY STRESS**

### **Create a "Must-Do" List vs. a "Nice-to-Do" List**

Separate tasks into categories and focus on the essentials first. It's okay if some "nice-to-do" activities don't make the cut — this helps you prioritize what really matters.

### **Practice Saying No**

Set boundaries when commitments don't align with your priorities or become too overwhelming. Saying no helps conserve energy and maintain balance.

### **Plan "Me Time"**

Schedule short breaks — even 10–15 minutes — to relax and recharge. Read, sip tea, or take a walk. Regular breaks reduce burnout and improve mood.

### **Delegate Tasks**

Share the workload with family, friends, or professionals. Asking for help can make the season feel more collaborative and less stressful.

### **Limit Social Media Time**

Avoid comparison traps and unrealistic holiday expectations by taking social media breaks. Focus on your own experiences instead.

### **Prepare for Potential Family Conflicts**

Anticipate sensitive topics and plan polite responses or redirections to keep gatherings more peaceful.

## **ADDITIONAL TIPS FOR MANAGING HOLIDAY STRESS**

### **Give Experiences, Not Things**

Reduce financial strain by gifting meaningful experiences instead of material items.

### **Plan Ahead for Restful Sleep**

Prioritize rest. Establish a nighttime routine and avoid screens or caffeine before bed to support better mood and energy.

### **Practice Deep Breathing Techniques**

Use breathing exercises – inhale for 4 counts, hold for 4, exhale for 4 – to calm your mind during stressful moments.

### **Stay Hydrated and Nourished**

Drink water and eat balanced meals throughout busy days to keep energy levels steady and stress lower.

### **Celebrate in Your Own Way**

Traditions are flexible – start new ones that align with your needs and preferences this year.

### **Practice Letting Go of Perfectionism**

Focus on connection, not perfection. “Good enough” is often more than enough.

### **Take Advantage of Local Holiday Events**

Enjoy community activities like light displays or concerts for a fun, low-stress way to celebrate.

## **BREE HEALTH CAN HELP:**



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