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BLOG

Holiday Stress: A Simple Check-In

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Ask Yourself

- Is my stress tied to something that will pass?
- Am I avoiding things I used to do?
- Has my mood been low for 2 weeks?

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Small Steps That Help

- A steady bedtime and wake time
- A short walk after big meals
- Fewer drinks, more water

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What You Can Do

- Tell someone you trust how you feel
- Bring up your mood at your next visit
- Thoughts of suicide? Call or text 988

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Read the full article

Holiday Stress and Your Mood: Coping Through the Season

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.