

# GROWING WELLNESS



## Mental Health Minute Coping with Holiday Stress

While often joyful, the holiday season can also bring a wave of stress and anxiety. With social obligations, financial pressures and the desire to create perfect memories, it's easy to feel overwhelmed.

This month's Mental Health Minute has tips for practical ways to manage your stress and anxiety so you can enjoy the season!

It's completely normal to feel stressed during the holiday season. By acknowledging your emotions and taking small, intentional steps to care for yourself, you can create a season that feels calmer and more peaceful.



## Live Well, Work Well

The December edition of Live Well, Work Well is here to help you prevent burnout during the holidays, indulge mindfully, and encourages you to learn your family health history!

## National Monthly Awareness

December is National Safe Toys and Gifts Awareness Month. Take extra time to think about a gift's safety before giving it. Check labels for age ranges; avoid toys with small parts that can injure, be swallowed or cause blindness; and ensure toys are labeled as nontoxic. Additionally, if you intend to gift sporting equipment or similar gear, it's also important to provide protective gear, such as helmets and knee pads.

