Mental Health and the Holidays

The holiday season can bring joy to many, but it can also be a stressful time of year. Stress, anxiety, and loneliness may be compounded by the COVID-19 pandemic. If you are feeling stressed, start by acknowledging and accepting your feelings, and take steps that make you feel safe.

If you are feeling isolated this holiday season, reach out or ask for help if you need it.

Setting boundaries can help you feel more in control of the season's celebrations, in a way that is best for you.

Use positive coping strategies that can support your mental health—like practicing mindfulness, exercising, eating well, spending time in nature, and getting enough sleep.

Do what you can to stay healthy by getting vaccinated or a booster if you are eligible, and by wearing a mask or practicing social distancing where advisable—indoors and in crowds.