

Give yourself the gift of happier holidays

The holiday season can bring joy, connection and celebration — but it can also be a source of stress for many. If you're feeling overwhelmed, you're not alone. It's common to experience increased stress, disappointment or sadness during this time of year.

Do any of these statements sound familiar?

- Your calendar is packed with errands, shopping and events.
- You've spent more than you planned on gifts and holiday items.
- You said "yes" to too many parties and gatherings.
- You're not getting enough sleep.
- You're handling most of the work for family celebrations.
- You're counting down the days until the holidays are over.

If any of these resonate with you, remember: You have the power to make changes. You can choose what you do, how much you spend and how you celebrate.

Tips for a happier holiday

- **Set realistic expectations.** The holidays don't have to be perfect. Give yourself and others grace if things don't go as planned.
- **Focus on what matters most to you.** Enjoy the season, but don't expect it to solve personal or family challenges.
- **Manage your time.** Communicate your limits and don't feel obligated to say "yes" to every invitation.
- **Make a master to-do list and prioritize.** Write down everything you need to buy, make, bake or send — and then see what you can simplify or skip.
- **Take care of your well-being.** Eat mindfully, stay active and prioritize sleep.
- **Stick to your budget.** Financial stress can detract from holiday joy, so plan your budget and stick to it.
- **Share responsibilities.** Ask family members to help with holiday tasks.
- **Choose events and gatherings that lift your spirits.** Celebrate with people who support and energize you.

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Embrace the true meaning of the holidays connection, gratitude and joy.

Welcome each moment, not just the “big day.” Enjoy decorating, baking and gift-wrapping as part of the celebration. If you’re away from loved ones or coping with loss, allow yourself to share your feelings and take breaks when needed. It’s okay to say ‘no’ to activities that don’t feel right for you.

Setting healthy boundaries and practicing self-care can help you stress less and make the holidays a more enjoyable time.

We’re here to help you navigate the season. Call or visit us online for support, resources and more.



1-888-866-4827, TTY 711
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Username: jacksonschooldistrict
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