

HOW TO MANAGE

of Holiday STRESS

The holiday season can be a wonderful time of the year with many things to celebrate and be thankful for. However, it can also be a source of stress, even with all the good times they bring.

When you notice the holiday stress creeping in, take control by trying the following 3 skills to help minimize those negative impacts.

- 1. DELIBERATE BREATHING**
- 2. CONNECT TO OTHERS**
- 3. HAVE A PLAN AND STICK TO A ROUTINE**



**ARMY
RESILIENCE
DIRECTORATE**

For more ways to strengthen your resilience, connect with us at: www.armyresilience.army.mil

@ArmyResilience    