



Create *Positive Emotions* During the Holiday Season

Use these strategies to generate positive emotions and resilience:

- ✓ **Positive Imagery:** Re-create a positive experience using as many sensory details as possible.
- ✓ **Focus on Good Stuff:** Take time each day to reflect on what was good that day.
- ✓ **Real-Time Resilience:** Knock out the counterproductive thoughts by thinking optimistically.

Practice these strategies to manage and reduce holiday stress so you can enjoy time with friends and family, in addition to boosting your physical and mental health.



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