

A person wearing a dark blue button-down shirt is holding a white smartphone in their right hand. In their left hand, they are holding a gift wrapped in brown kraft paper with a green ribbon tied around it. The background is a soft, out-of-focus grey.

Stress less this holiday season

The holidays hold special memories for many, but it can also be a season of stress. Endless chores, family commitments, spending money on gifts and very little time for self-care can overwhelm even the most cheerful holiday host.

If the holidays feel extra stressful this year, you're not alone and it's okay to ask for help. Mental health professionals at New Directions can help you identify stressors and find solutions to combat them in healthy ways this holiday season.

The logo for New Directions Tridium, featuring a stylized mountain range composed of several white triangles of varying heights.

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