



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. Amid the pandemic, celebrations – if you participate in them at all – are even more complicated.

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.