

HELPFUL HOLIDAY HACKS



Managing Anxiety During the Holidays

- [Anxiety and Depression Association of America- Find Your Holiday Happiness](#)
- [Mental Health First Aid- 4 Tips to Manage Social Anxiety this Holiday Season](#)
- [Substance Abuse and Mental Health Services Administration-Recognizing Holiday Triggers of Trauma](#)
- [Mayo Clinic- Stress, Depression, and the Holidays: Tips for Coping](#)

Navigating Family Dynamics

- [Families for Depression Awareness- Managing Family Stress During the Holidays](#)
- [Stanford University-Surviving the Family Holiday Child](#)
- [Mind Institute- How to Make Holidays Better for Kids](#)
- [Boston Children's Hospital-Returning to Holiday Chaos: Preventing Anxiety in Kids](#)

Coping with Grief During the Holidays

- [Substance Abuse and Mental Health Services Administration- Coping with Grief After a Disaster or Traumatic Event](#)
- [Harvard Health Publishing- Coping with Grief and Loss During the Holidays](#)
- [American Cancer Society- Coping with Grief During the Holidays](#)