

FOR IMMEDIATE RELEASE

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## **Holiday Health and Happiness**

Holidays can be a whirlwind of activity, and stressful or emotionally challenging. It's crucial to remember that the holiday season is meant to be enjoyed. Involving family and friends in holiday preparations, sharing responsibilities like cooking, or decorating can lighten the load and make it more enjoyable. Family traditions provide a sense of stability and comfort, offering emotional support during these times. Anticipating and participating in traditions can bring excitement and joy to the holiday season. These shared experiences create a sense of belonging and togetherness, reinforcing the family unit.

It is important to prioritize your mental health and well-being during this busy season. Focus on creating meaningful moments, instead of trying to do everything. Spend quality time with loved ones, engage in activities that bring joy, and savor these moments. There's no one-size-fits-all approach to the holidays. Find traditions and activities that resonate with you and your family, even if they differ from the norm.

Remember, the holidays are about spending time with loved ones, spreading joy, and creating cherished memories. Don't let stress overshadow the true spirit of the season! Families that maintain traditions during the holidays often develop a sense of resilience. These shared experiences can help families navigate challenges and difficult times together. Family traditions and connections during the holidays are not just about the activities themselves but about the feelings of unity, belonging, and shared experiences they cultivate among family members.

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