



SELF CARE FOR THE HOLIDAYS

The holiday season is a time for joy, hope, and time spent with loved ones. This season can also be overwhelming and bring along feelings of stress.

Here are 6 tips for managing stress during the holiday season.

1. **Self-Care!** It is okay to take time for yourself! It is not selfish; you cannot pour from an empty cup! Exercise, journal, spend time with a friend. Do what you love!
2. **Do what is best for you and your family!** It is okay to politely decline invitations to holiday gatherings or events if they add to your stress.
3. **Share holiday tasks and activities!** It is okay to ask for help from friends and family. Sharing the holiday baking, decorating or other holiday activities can help lighten your load. Time spent together can help you make memories with those you love and might even start a new tradition!
4. **Phone a friend!** Stay connected to your loved ones!
5. **Recognize your emotions and acknowledge your feelings!** Your feelings are valid.
6. **Reach out!** The holidays can be hard and bring feelings of sadness or isolation. It is okay to ask for support; having someone to talk to can ease those feelings of stress, sadness, isolation and/or being overwhelmed.

If you are, or someone you know is, experiencing a life-threatening emergency, please call 9-1-1.

If you are, or someone you know is, in need of confidential and immediate mental health, substance use, or emotional support, please visit [Colorado Crisis Services](#) to be connected to a crisis counselor or trained professional.

1. TEXT TALK TO 38255

Colorado Crisis Services Text Line

2. CALL 1-844-493-TALK (8255)

Colorado Crisis Services Talk Line



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Department of Human Services