

# Holiday Season Stress? We've Got You Covered



The holiday season can be overwhelming, but you don't have to navigate it alone. This month, we're dedicated to providing you and your family with tools to reduce stress and thrive.

Explore our curated list of resources and videos, featuring relaxation techniques, stress-reducing exercises, and practical tips to help you navigate the season with ease.

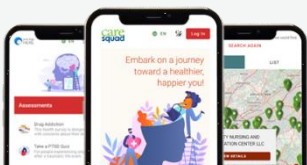
- [Manage Stress: Take Action](#)
- [Stress Less for a Healthier Heart Fact Sheet](#)
- [GREAT: Helpful Practices to Manage Stress and Anxiety - Video](#)
- [Relaxation Techniques for Health](#)
- [7 Steps to Manage Stress and Build Resilience](#)
- [My Mental Health: Do I Need Help?](#)
- [Feeling Stressed? Ways To Improve Your Well-Being](#)
- [5 Minute Stress Management](#)
- [4 Mindful Tips to De-Stress This Holiday Season](#)
- [Coping With Holiday Stress After a Disaster](#)

## Childhood Stress

- [Stress in Childhood](#)
- [Stress Catcher Activity for Kids](#)
- [Mental Health Minute: Stress and Anxiety in Adolescents Video](#)
- [How to Help Children and Teens Manage Their Stress](#)

## Seeking Help?

If you are in crisis, call or text the [988 Suicide & Crisis Lifeline](#) at 988 or chat at [988lifeline.org](#), or text the [Crisis Text Line](#) (text HELLO to 741741).



Explore more free-for-all information and resources at [app.caresquad.com](#)

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