

Holidays

Joyful yet
Stressful

Maintaining good personal health habits with increased time demands

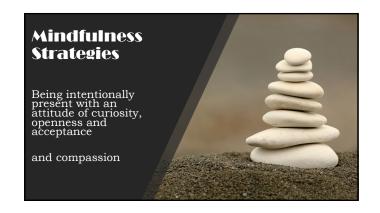
Covid19
Stress

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Stress

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Stress

Family Gatherings
Distancing
Vacations
Holiday trips
Finances
Grief
Loss









What if you get overwhelmed?

4-7-8 Breathing

1. Exhale completely

2. Inhale through your nose for the count of 4.

3. Hold your breath for the count of 7.

4. Exhale audibly through you mouth for the count of 8.

5. Repeat x 4.







