

# Prioritizing Your Emotional Well-being During the Holidays

While the holiday season and end-of-year festivities can be fun, they can also be stressful and take a toll on your emotional well-being. Putting your emotional wellness on the backburner may cause mood changes and feelings of irritability, hopelessness and isolation.

Consider the following tips to help prioritize your emotional well-being during the holiday season:

Practice healthy habits.

Establish a consistent daily schedule for both work and personal time. Checking items off your to-do list can also help you feel accomplished on a daily basis.

# Practice healthy

# Giving Your Favorite Recipes a Healthy Makeover

Food is part of holiday traditions, and your family may look forward to

Applesauce  
COOKIES

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