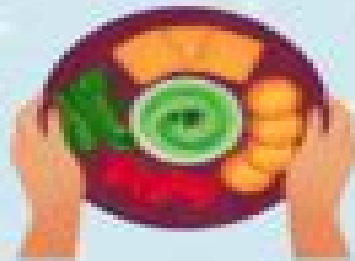


# How to Reduce Holiday Stress and Anxiety



**Avoid going to places when you're hungry or tired**



**Remember to eat healthy foods**



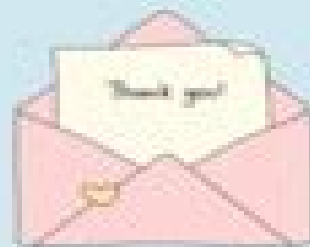
**Try your best to stick to routines and bedtimes**



**Avoid over-scheduling**



**Find some quiet time for yourself**



**Practice gratitude**



**Focus on helping others**



**Go outside and play**

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**Alan Rees**



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