



10 Mental Health Tips to Use During the Holidays

- * Set realistic expectations
- * Establish boundaries
- * Prioritize self-care
- * Maintain healthy routines
- * Stick to a budget
- * Limit social media
- * Volunteer or help others
- * Practice mindfulness
- * Plan for triggers
- * Create new traditions



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Mental Health Interventions in Everyday Life Alan E. Kazdin, 2025-10 **Orange Coast Magazine** ,1996-04 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

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

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