



Depression and Bipolar
Support Alliance

HOLIDAY STRESS TOOLKIT

For some people, the holiday season can be a source of stress or unease. Living with depression, bipolar disorder, or social anxiety can make holiday interactions seem daunting.



In this holiday stress toolkit, you'll find a guide to managing stress around the holidays and more information on how stress negatively impacts your mental and physical health.

If the holidays are something you dread, take a proactive approach before the stress sets in. Learn to identify triggers, like financial pressures and social demands, so you can manage them before they become a problem. With some planning and positive thinking, you can breeze through the holiday season and be ready for the new year.



Manage holiday stress by following [this handy guide](#)! The trick is to prevent it from happening in the first place. When that's not possible, extending grace to yourself and others can go a long way.



Share our holiday stress management tips on social media. Follow DBSA on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#). Or [download our social graphics](#).



Everyone feels stress from time to time. But if it becomes a chronic, or long-term, problem, stress can take a toll on emotional, mental, and even physical health. Learn about [how stress affects the body and mind](#).



Take the next step in prioritizing your mental wellbeing by checking out our [Wellness Toolbox](#), including the [Wellness Wheel](#) and [Tracker](#), to help you set and track your mental health goals.

FOR MORE INFORMATION ON MENTAL HEALTH, VISIT [DBSAAlliance.org](https://www.DBSAAlliance.org)