

Reflect, reconnect and reset

Cultivate mental wellness and reduce stress
this holiday season

While the holidays can bring joy and connection, the season's busyness can make it challenging to slow down, reflect and appreciate the moment. Amid family gatherings and gift shopping, remember to prioritize your wellbeing. Set realistic expectations, give yourself permission to rest and make time for self-care so you can fully enjoy the season.

The Holiday Toolkit presents valuable resources to help you unwrap holiday emotions, reduce stress and maintain your mental health, including:

In-the-moment support.

Reach licensed clinicians 24 hours a day, 365 days a year, even when other places may be closed for the holidays.

Budgeting worksheets.

Ease financial stress by creating a budget that works for you.

Mental health screenings.

Evaluate your mental health and access helpful resources.

Tip sheets and flash courses.

Find tools for stress management, self-care and more.



holidaytoolkit.tools



Download
the mobile
app today!



800-475-3327



supportlinc.com
group code: glynncountyschool