One of the worst kinds of stress is when you don’t feel in control. To avoid this, plan ahead and be realistic with what is in your sphere of control.

Daily walks, good sleep, and staying hydrated can help stabilize your mood and improve long-term mental well-being.

Spending time with family and friends can be overwhelming. If you need a moment for yourself, try stepping away to a quiet room or run errands.

Keep in mind the role you play in holiday gatherings. Hosts have different roles and responsibilities than guests.

If you are feeling especially sad, stressed, or depressed, ask for help. Talk to a mental health professional or a primary care physician for guidance and support.

Expressing positive emotions increases your happiness. Engage in activities that promote happiness, such as gratitude journaling, sharing positive stories and thoughts, or writing thank-you notes to people you care about.

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