



# *Great Changes* **Mental Health Monthly**

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Skillful Approaches to Promote Peaceful Holidays



Great Changes therapist Matt Littlefield gave a presentation at National Louis University, his alma mater, to share tips about navigating the holidays. But not only are his ideas helpful for this busy time of year, they have invaluable application all year long. Grab a notebook and cup of your favorite warm beverage and get comfy, then click below.

<https://nl.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=637fe2d5-d3e4-42d0-b57d-b399015b5b96>