



Great Changes

Mental Health Monthly



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Practicing mindfulness during the holidays helps manage stress and enhance enjoyment by focusing on the present moment rather than overwhelming tasks. Key techniques include deep breathing, setting realistic expectations, practicing gratitude, limiting social media, and focusing on meaningful connections over material pursuits.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-de-stress-this-holiday-season>

*Have a
merry and
mindful
holiday!*



1. Feel your feels during the holidays
2. Savor the joy
3. Simplify
4. Reframe the busy and the stress
5. Breathe



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<https://leftbrainbuddha.com/meet-holiday-stress-with-mindfulness/>