

Emotional triggers



*Being apart
from family
members*



Grieving the loss of loved ones





Social isolation

Unrealistic expectations



People-pleaser



A person wearing a white knit hat with a red pom-pom and a dark jacket is seen from behind, looking towards a display of colorful bokeh lights at night. The lights are in various colors including red, blue, green, yellow, and orange, creating a festive atmosphere. The background is dark, making the lights stand out.

***Holiday
gathering
stress***

***Holiday
spending
stress***





Overindulgence

***New Year's
resolution***

