



Greetings, Friends!

"How are you?"

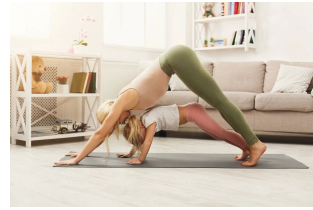
I am asking as the holiday season is upon us, again. This 'Most Wonderful Time of the Year' is billed as a joyful season to celebrate at gatherings surrounded by family and friends. But some of us can feel overwhelmed and anxious about fulfilling social obligations, while other folks feel isolated and lonely. There are many reasons why we can feel this way, including anxiety over all the holiday hype, financial considerations, and general uncertainty about the new year. If mental illness impacts your life, feelings of isolation, sadness, and anxiety can be compounded.

So I am asking, "How are you, really?"

If this resonates, here are some ideas to manage during the holiday season.

Take care of yourself

The Jed Foundation offers a range of suggestions for self care during the holidays.



Volunteer

If you want to be with others, but find yourself alone, consider volunteering by connecting with LA Works during the holidays.

Create positive thoughts

Check out 10 stress busters and a short video, about halfway down the page, from the UK National Health Service with ideas to change unhelpful thoughts.



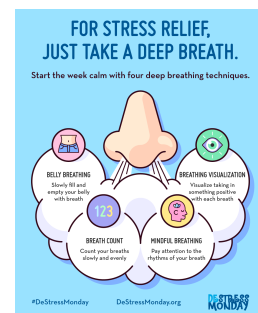
November Happiness Calendar

Calendar positivity

Check out the daily positive messaging with related articles in this Happiness Calendar from Greater Good UC Berkeley. Click the image at the left to subscribe to the monthly Happiness Calendar and the Happiness Calendar for Educators.

Breathe with intention

Click the image from DeStress Monday for a guide to several deep breathing techniques and why these matter. Click here for more deep breathing practices.



Introduction to Deep Breathing

Five ways to feel like you're doing enough

Finally, see an article on our new **Newsletters and Articles** page on the **NMBCINC website** from Greater Good to help you know that you are fine just as you are!

Wishing you all a safe and healthy transition into the New Year!

Take good care and if we can be of service, don't hesitate to reach out.

Kind regards,

Madhavi



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