

# WAYS TO MANAGE HOLIDAY STRESS



**Stay connected to people you trust & reach out to talk about your feelings.**



**Drink plenty of water.  
Limit alcohol & other drugs.**



**Do activities that help reduce stress & bring enjoyment, like going for walks & being in nature.**



**Balance worry with facts – get reliable information at [Toronto.ca/COVID-19](https://toronto.ca/covid-19)**



**Call 211 to get connected to local mental health services & other supports.**