12 Ways to Help Reduce Stress During the Holidays for Someone With a Mental Illness

1. Lower Your Stress

2. Predictability is Key

3. Let Participation Be Optional

4. Share True Feelings

5. Offer Help

6. Be Consistent

7. Create A Safe Place

8. Be Present in the Moment

9. Strive to Be Effective, Not Right

10. Validate

11. Lower Expectations

12. Rethink Serving Alcohol