



December 2020

A Psychiatrist's Tips To Proactively Care For Your Mental Health This Holiday Season

By P. Priyanka, M.D.

While the onset of the holiday season can be an exciting time, it can also create substantial stressors and mood shifts. Given all the buildup around the holidays, it's not uncommon for people to sometimes get the "holiday blues." Feeling down, stressed, or simply burnt out is normal.

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While we all want to woo our friends and loved ones by showering them with gifts, it's best to remember this: it's still the thought that counts—not the price tag.

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