The holidays can be a time of joy — but they can also bring stress, loneliness, or pressure to do it all. At **Your PMR Clinic**, we understand that mental health is just as important as physical health, especially during this busy season.

- **Take breaks.** Give yourself permission to rest and recharge.
- **Set boundaries.** It's okay to say no to extra events or obligations.
- **Stay active.** A short walk or stretching can lift your mood.
- **Eat and sleep well.** Regular meals and good rest support both mind and body.
- **Stay connected.** Reach out to friends, family, or support groups — connection matters.

Need to talk? We're here for you.

Our care team can help you manage stress, anxiety, or seasonal sadness. Contact us to schedule an appointment. We're here to help you live your happiest, healthiest life – all year long!

PMR
HEALTHCARE
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