

# HANDLING STRESS DURING THE HOLIDAY SEASON

The holiday season can be a very stressful time. We encourage you to take a breather and put your health first. Stay connected and enjoy the season.

## Remember:

- It's okay to take a break.
- Take time to focus on your breathing.
- Slow down.
- Limiting phone and computer time can help prevent brain overload.
- Exercising, taking a walk, or even a quick stretch can reduce stress.
- Instead of texting, connect by phone. Hearing a familiar voice can be calming and comforting.
- Meditate: Taking the time to sit down and simply follow your breathing can bring you into the moment and help you feel connected.



**There are resources available  
to help you cope with the  
stresses of the holiday season**



**The Family Guidance Center**  
of Warren County, NJ

**24-HOUR CRISIS HOT LINE:**  
**908-454-5141**



**908-835-1800**

**NJ Children's System of Care**

Administered by PerformCare®

**1-877- 652-7624**



**1-844-732-2465**



(suicide prevention)  
**1- 855-654-6735**

**NJ CONNECT**  
for recovery 855-652-3737  
A free, confidential call line

**Call 1-855-652-3737**



**The Peer Recovery Warmline:**  
**Call 1-877-292-5588**



**call 1-800-273-8255**

**Take care of yourself this holiday season and all year long.**

**Wishing you a holiday season filled with comfort!**

**For additional information please contact 908-475-6331**



**WARREN COUNTY**  
**PROUD TO BE**  
**STIGMA FREE**