

## HEALTH AND WELL-BEING

THE HAPPY HOLIDAY SEASON MAY NOT ALWAYS BE SO HAPPY FOR SOME AMERICANS. MENTAL HEALTH EXPERTS SAY ALL THE GIFTS, THE GATHERINGS, AND OTHER FACTORS MAY LEAD LOTS OF PEOPLE TO FEEL STRESSED, ANXIOUS OR DEPRESSED. BUT THE EXPERTS SAY THERE ARE THINGS YOU CAN KEEP IN MIND THIS YEAR TO HELP AVOID HOLIDAY-RELATED CHALLENGES. SOME OF THE EXPERTS TOP MENTAL HEALTH TIPS INCLUDE TRYING TO STICK TO NORMAL ROUTINES WHEN POSSIBLE, GETTING ENOUGH SLEEP, EATING IN MODERATION AND AVOIDING ALCOHOL IF YOU'RE FEELING DOWN. DOCTOR BENJAMIN YU, A PSYCHIATRIST FROM CALIFORNIA SAYS THIS: PLEASE REMEMBER, THIS IS YOUR HOLIDAY. WHILE THERE MAY BE MANY EXPECTATIONS AND OBLIGATIONS FROM MULTIPLE PLACES LIKE YOUR FAMILY, FRIENDS, WORK AND RELIGIOUS GROUPS, THIS IS STILL YOUR TIME AND YOU HAVE THE RIGHT TO SAY YES OR NO. EXPERTS ALSO SAY DON'T FORGET DURING THE SEASON TO KEEP UP WITH YOUR USUAL MENTAL HEALTH THERAPIES. LEARN MORE AT [GENE-SIGHT-\(JEAN-SIGHT\)--DOT--COM](http://GENE-SIGHT-(JEAN-SIGHT)--DOT--COM).