As we enter the holiday season, some of us may begin to feel increased levels of stress and anxiety as we wonder what these get togethers are going to entail. Will there be arguments at the dinner table? Will our children behave themselves? Will the adults?!

In dealing with our emotions, it is important to find healthy ways to reconnect with our support systems, develop a sense of peace within ourselves, and move forward. So, as we prepare to give thanks and jump fully into the holidays here are some tips to get you through in peace … and in one piece!

**Tips for a Peaceful Thanksgiving**

Dr. Mallis on WZZM13: How to Stress Less this Holiday Season

**Practicing Gratitude, Increasing Happiness**
Being grateful is more than just saying, ‘thank you.’ It means appreciating something each day and finding joy in life. Taking the time to recognize these positives encourages us, lifts our spirits and empowers us, especially when we share them with others. In this article, our Pine Rest staff share some simple ways you can increase your joy and resilience in life.

How to Practice Gratitude

Caring for Yourself & Your Family Member

November is National Family Caregiver’s Month

While there are many positive aspects of caregiving, it's always a good idea to periodically take stock of the impact it is having on you as the caregiver. Caregiving strain is often more significant in circumstances where caregivers feel overwhelmed because they do not have enough resources - information, skills, social support, respite, and community services.

Self-Assessment for Caregivers

10 Tips for Caregivers of Aging Adults

Free Support Group: Family & Friends of Aging Adults
For many veterans, adjusting to civilian life can be a challenge. Dialectical Behavior Therapy (DBT) can bring new hope to veterans who struggle with symptoms of Post Traumatic Stress Disorder (PTSD). Keep reading to learn more.

DBT for Veterans With PTSD

Managing Stress From the News
Recently, news from around the world has been especially tragic, causing many to feel sadness, anger, anxiety and more. The news and information find us everywhere ... online, on television and in conversations. That's why it's important to take some time to process our emotions in a productive way and take care of our mental health.

Caring for Yourself When There's Traumatic News

Upcoming Support Groups & Community Classes

**WEEKLY: Addictive Behaviors Group**

Many people struggle with behavioral addictions, like gambling, shopping, gaming, unhealthy eating, etc., and the holidays can be an especially challenging time. Join the Addictive Behaviors Group for education on topics related to addiction as well as the opportunity to explore personal concerns with a group of others in a similar situation.

[Learn More](#)
WEEKLY: Adolescent Healthy Living Group

This is a recurring 12-week program offered through Pine Rest designed to meet the needs of teens 13 years and older who are struggling with depression, anxiety or mood regulation problems. Learn More.

Complete List of Available Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to sign up today!