

Topic: Coping with Anxiety During the Holidays

Do you suffer from increased anxiety during the holiday season?
Here are some resources for you.

Article Links:

www.mentalhealthministries.net/resources/brochures/holiday_coping/holidays

www.adaa.org/living-with-anxiety/managing-anxiety/managing-holiday-anxieties

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



Carle Faith Community
Nursing Network