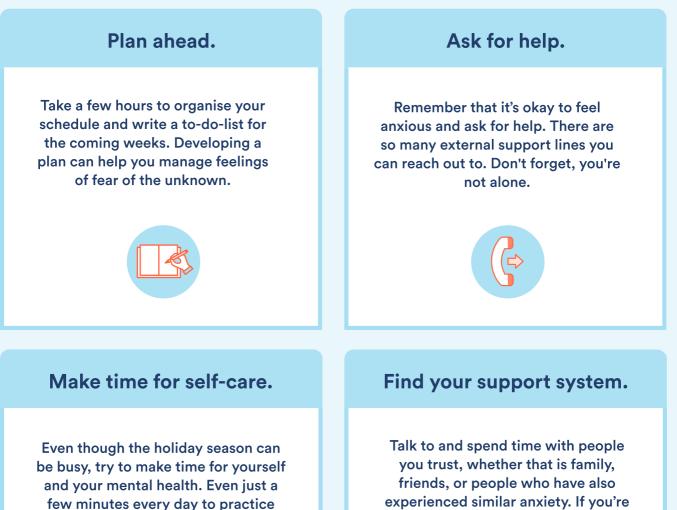
4 tips to manage your social anxiety this Christmas



few minutes every day to practice self-care can help manage symptoms of anxiety. You can try meditation, exercise, or self-help books.



nervous about attending a holiday gathering, take that person with you for support.

everymind at work

