

# 4 tips to manage your social anxiety this Christmas



## Plan ahead

Take a few hours to organise your schedule and write a to-do-list for the coming weeks. Developing a plan can help you manage feelings of fear of the unknown.



## Ask for help

Remember that it's okay to feel anxious and ask for help. There are so many external support lines you can reach out to. Don't forget, you're not alone.



## Make time for self-care

Even though the holiday season can be busy, try to make time for yourself and your mental health. Even just a few minutes every day to practice self-care can help manage symptoms of anxiety. You can try meditation, exercise, or self-help books.



## Find your support system

Talk to and spend time with people you trust, whether that is family, friends, or people who have also experienced similar anxiety. If you're nervous about attending a holiday gathering, take that person with you for support.