

Journeys: Virtual Edition

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Managing Holiday Stress



"With the holiday season in full swing, it can be a joyous time. It can also be difficult – filled with struggles with grief, holiday blues, or heightened levels of stress," Samaritan resident psychotherapist John Schaller says.

"Whatever emotions the holidays stir, I think we all deserve a happy holiday. That often begins with being honest about what we can handle during this time and setting healthy boundaries around those beliefs," John says.

To help manage the holidays and the seasons beyond John suggests using the four "A's": **AVOID, ALTER, ACCEPT, ADAPT.**

[Learn more](#) in John's blog post about the four "A's" and how they can help you manage stress throughout the holiday season and beyond.



John Schaller
MS, LPC-IT

***John Schaller** is a resident therapist who joined Samaritan in late summer. He works with children ages 12 and up, adolescents, adults, couples and families with a variety of mental health issues including: **depression, anxiety, trauma, relationship concerns, loss and grief, among others.** He sees clients at our Menasha office.*

