

# BEAT THE HOLIDAY BLUES

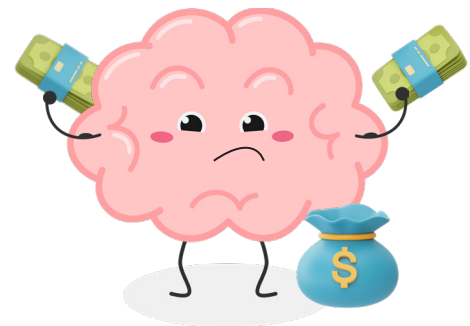
Be mindful of your mental health



{ **38%** Adults who feel more stress during the holidays

People who get stressed out because of holiday spending

{ **53%**

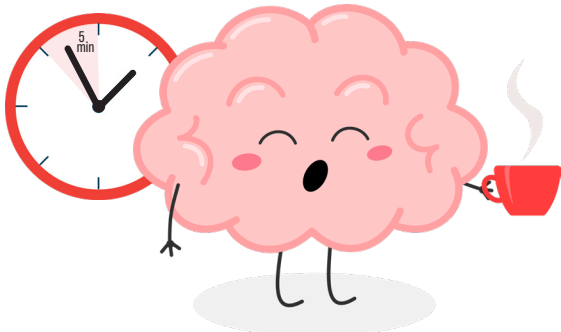
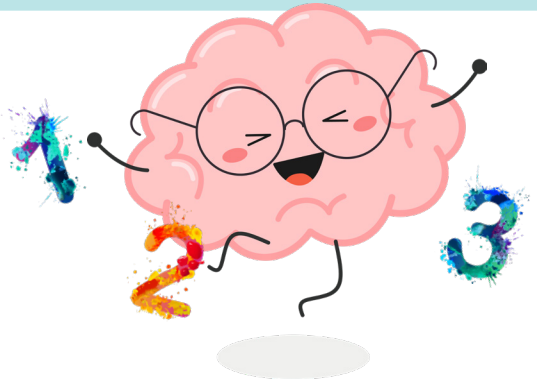


{ **2 Hours**

The amount of time you can build into a week for “me time” to lower stress

Number of things to be grateful for each day to create a positive mindset

{ **3**



{ **5 Minutes**

The time it takes to start the day off right by visualizing your goals

Learn more in the Live Healthy section of [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com)



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