

Holiday Stress Prevention *with Lucet*

Holiday 2023

Follow Lucet on social media to see our Holiday Stress Toolkit 2023 content and share it on your account. You can also follow the steps below to post from your own account.

LinkedIn: [linkedin.com/company/lucethealth/](https://www.linkedin.com/company/lucethealth/)

Facebook: [facebook.com/LucetHealth/](https://www.facebook.com/LucetHealth/)

Twitter: twitter.com/LucetHealth/

Create posts on your social media accounts

1. Log in to one of your active social media channels to create a post.
2. Choose one of Lucet's Holiday Stress assets from the list below.
3. Copy the content (including the hyperlink) and paste it into the social post editor.
4. Under the content below, open the link to the corresponding graphic, save it, and upload to your post to accompany the caption.
5. Be sure to include the following hashtags in your caption: **#HolidayStress**
#HopeForTheHolidays **#HappyHolidays**
6. Post!

Share Articles

1. Loneliness and Loss During the Holidays

The holidays are supposed to be a time of joy and cheer, but if we're dealing with loneliness and loss, seasonal celebrations can underscore those tough feelings. We can all be gentler with ourselves and each other during this sensitive time to give **#HopeForTheHolidays**. If you or someone you know is struggling this holiday season, contact the Mental Health America 24/7 Crisis Text Line — Text MHA to 741-741. <https://lucethealth.com/members/resources/loneliness-and-loss-during-the-holidays/>

#HolidayStress #HopeForTheHolidays #HappyHolidays

Use image: <https://23190008.fs1.hubspotusercontent-na1.net/hubfs/23190008/Toolkit-Holiday-Stress/Social%20-%20Loneliness%20and%20Loss.png>

2. Tell Yourself a Different Holiday Story

This time of year, our to-do lists seem to be a mile long. Shopping, family gatherings, parties, gift-giving, decorating, cooking...no wonder 62% of Americans report elevated stress during the holidays. Despite what we see in the media, it's okay if our holiday season isn't picture-perfect — maintaining our mental health is more important. If you or someone you know is struggling this holiday season, contact the Mental Health America 24/7 Crisis Text Line — Text MHA to 741-741. <https://lucethealth.com/members/resources/tell-yourself-a-different-holiday-story/>

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Share Tips

1. A Guide to Holidays with Boundaries

Many of us are lucky to be surrounded by family, friends and healthy relationships that lift our spirits during the holidays. Unfortunately, this isn't the case for everyone, and we all have our limits. If you find yourself feeling challenged by familial and societal expectations around the holiday season, it's important to know that you are entitled to set boundaries. If you or someone you know is struggling this holiday season, contact the Mental Health America 24/7 Crisis Text Line — Text MHA to 741-741.

<https://lucethealth.com/members/resources/guide-to-holiday-boundaries/>

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Share Poster

1. Holiday Stress

The most wonderful time of year — or the most stressful? Maybe a little bit of both. This holiday season, keep in mind that not everything has to be perfect, you can and should set appropriate boundaries for yourself, and it's okay if you're not feeling so merry. If you or someone you know is struggling this holiday season, contact the Mental Health America 24/7 Crisis Text Line — Text MHA to 741-741. <https://lucethealth.com/wp-content/uploads/2023/10/Poster-Holiday-Stress.pdf>

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