



Prep your mental health for the holidays

The holidays can be a lot. Busy schedules, big gatherings, big emotions...

So get ahead of the holiday season — no, not by shopping early or stressing over what food you'll serve, but by giving yourself the gift of therapy.

Talking to and texting with a Talkspace therapist can help you stay centered this season, so you'll have less stress and more merry in the weeks to come, and it's easy to fit into your busy holiday schedule. Remember Talkspace is a covered workplace benefit!

Expert advice on supporting mental health at the holidays:

[6 Ways to NOT Let Your Family Stress You Out Over the Holidays](#)

[A No Nonsense Guide to Setting Holiday Boundaries](#)

[How to Take the Financial Stress Out of the Holidays](#)

