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FOR IMMEDIATE RELEASE

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The Holiday Season Can Be A Stressful Time of Year-Walden Wants to Remind You That We're Here to Help!

Walden would like to remind you that we're here to help during this wonderful perhaps stressful time of year.

The holidays-the most wonderful time of year but honestly we all know it can be a very stressful time of year! With all the added responsibilities, obligations, financial strain the holiday's can quickly become over whelming and stressful.

Walden would like to share some tips on reducing stress during the holiday season:

1. Focus on what's important to you during the holidays (this is different for everyone)
2. Instead of buying things for everyone focus on doing something FOR someone else and keep a budget
3. Spend time with your kids, make cookies, look at Christmas lights instead of buying them everything they want
4. Plan, make lists and set boundaries on what you can and can't do

We would like to remind you that we are here to talk to this time or anytime of year! To schedule an appointment at one of our locations please call 888-912-7366. Happy holidays from everyone at Walden!

About Walden

Walden offers a comprehensive array of behavioral health treatment, and recovery services to individuals and families throughout the community. These services include crisis intervention, psychiatric and mental health therapy, trauma services related to relationship abuse or sexual assault, drug and alcohol services and community and recovery support services such as the free and open to the public Beacon of Hope and The Cove/DFZ Recovery and Wellness Centers.

For more information about how Walden can help, please visit www.waldensierra.org, contact the **24-hour crisis hotline at 301-863-6661** anonymously, or call the appointment line at 301-997-1300/888-912-7366. Walden can also be found on Facebook and Twitter.