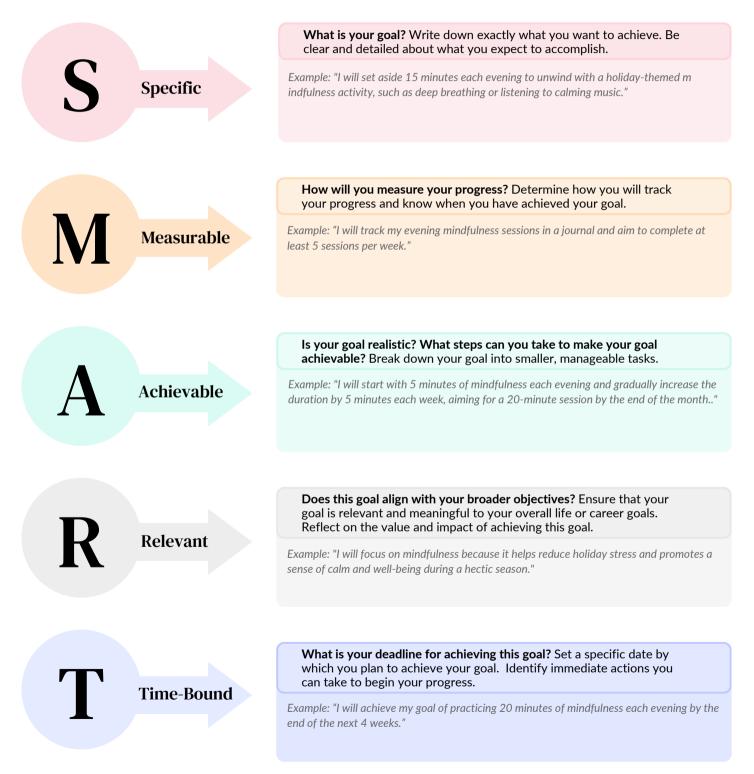


# **Setting SMART Goals**

SMART Goals is a structured goal-setting method that helps you create clear, actionable objectives to manage holiday stress and anxiety. By breaking down larger tasks into manageable steps, SMART Goals can make the holiday season feel less overwhelming. This approach can also boost your motivation, improve focus, and provide a sense of accomplishment during what can be a challenging time of year.

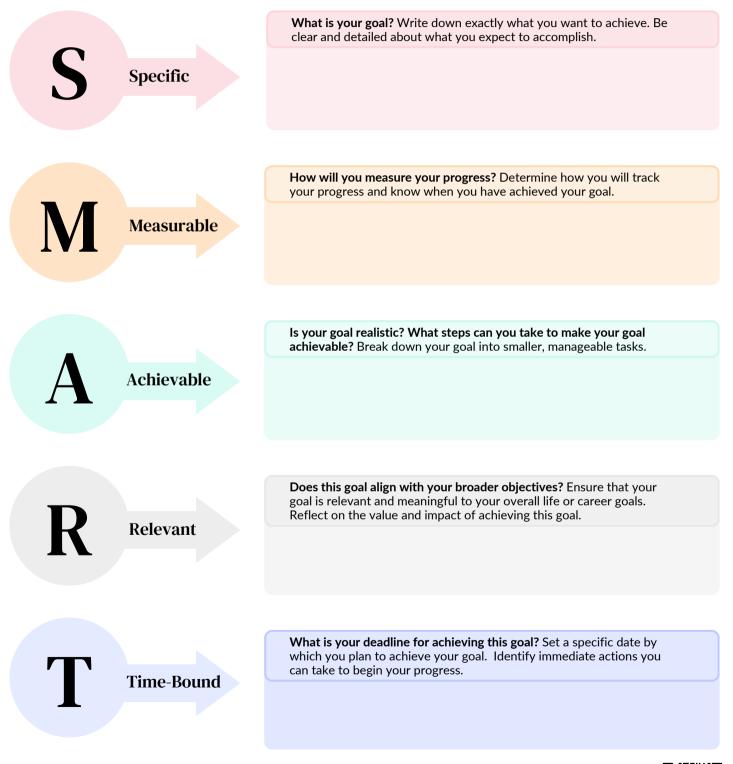






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### Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

### You Can Trust ChoosingTherapy.com



300+ Companies Reviewed



2,350+ Hours of Firsthand Experience







#### **Best Online Therapy**

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

#### Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





#### **Best Mental Health Apps**

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

#### Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



