



Coping with the Holidays

It's that time of year again: the holiday season is almost upon us. No matter what holidays you and your family celebrate, it's likely that the next few months will be filled with family, friends, and food. Although this season *can* feel like "the most wonderful time of the year", it can be incredibly stressful, too.

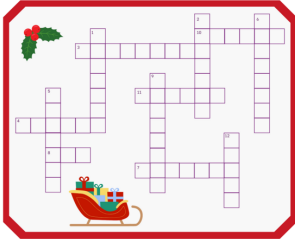
If you're feeling stressed, anxious, lonely, or depressed as we enter into the season, you're not alone. Iris the Dragon has your back with these quick tips to find some peace this holiday season. Download our tip sheet to learn more.

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Holiday Activities for the Kids!

HOLIDAY CROSSWORD

Fill in the blanks using the clues below



Santa could use some help to solve this tricky puzzle.

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HOLIDAY WORD SEARCH

Circle words in the puzzle below



Can you help Rudolph find all the words?

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At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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