

Specialized resources for the holidays

ADHD and the holidays (both juvenile and adult)

- <http://www.additudemag.com/adhd-guide/holiday.html>

Anxiety and the holidays

- <http://www.adaa.org/living-with-anxiety/managing-anxiety/managing-holiday-anxieties>
- <http://www.healthcentral.com/anxiety/holiday-275980-5.html>

Autism and the holidays

- <http://www.autismspeaks.org/news/news-item/holiday-tips>
- <http://www.iidc.indiana.edu/index.php?pageId=570>

Cancer and the holidays

- General tips <http://www.cancer.org/cancer/news/features/cancer-during-the-holidays>
- Words of hope from cancer survivors
<http://www.cancer.org/cancer/news/features/holiday-words-of-inspiration-from-cancer-survivors>
- Tips for caregivers
<http://www.cancer.org/cancer/news/expertvoices/post/2012/12/12/caregivers-say-yes-to-the-holidays.aspx>

Children and the holidays

- Stress and anxiety:
<http://childparenting.about.com/od/healthsafety/a/holidaystresskids.htm>
- Materialism: http://kidshealth.org/parent/positive/family/holidays_materialistic.html
- Staying healthy: http://kidshealth.org/teen/misc/holiday_tips.html
- Tips for kids: <http://kids.usa.gov/articles/10-holiday-tips/index.shtml>

COPD and the holidays

- <http://www.healthcentral.com/copd/c/19257/52770/copd-holidays>
- <http://www.healthcentral.com/copd/cf/slideshows/15-tips-for-conserving-energy-with-copd-during-the-holidays/#slide=1>

Crohns and Colitis and the holidays

- http://www.ucandcrohns.org/src_subarticle.php?tbl=src_holidays&id=1
- <http://www.cdfa.org/news/holiday-season-particularly.html>

Dementia and the holidays

- Caregivers guide to the holidays
- [http://www.alz.org/documents/colorado/Holiday_Guide_for_Alzheimers_Caregivers\(2\).pdf](http://www.alz.org/documents/colorado/Holiday_Guide_for_Alzheimers_Caregivers(2).pdf)
- Keeping the happy during the holidays
[http://www.alz.org/documents/colorado/Keeping the Happy in the Holidays.pdf](http://www.alz.org/documents/colorado/Keeping_the_Happy_in_the_Holidays.pdf)

Depression and the holidays

- <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress/art-20047544>
- http://www.medicinenet.com/holiday_depression_and_stress/article.htm

Diabetes and the holidays

- <http://www.cdc.gov/Features/DiabetesManagement/>

Fibromyalgia and chronic fatigue syndrome and the holidays

- <http://chronicfatigue.about.com/od/copingwithfmscfs/ss/holidaysurvival.htm>

Grieving and the holidays

- <http://www.webmd.com/depression/holidays07/grief-during-holidays>

Holiday travel

- Healthy travel: <http://health.usnews.com/health-news/blogs/on-fitness/2010/11/15/10-ways-to-stay-healthy-during-holiday-travel>
- Traveling with kids:
<http://www.startribune.com/lifestyle/kidshealth/childrens/232384031.html>

Specialized diets

- Kidney disease eating tips <http://www.kidney-support.org/ckd-diet/716.html>
- Diabetes holiday eating tips <http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/>
- Cancer treatment eating tips
<http://www.cancer.org/cancer/news/expertvoices/post/2012/12/03/holiday-eating-tips-if-youre-in-cancer-treatment.aspx>

CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services

- Crohns and Colitis eating tips <http://www.ccfa.org/resources/holiday-eating-tips.html>

Overall mental and emotional health resources for holiday season

- <http://psychcentral.com/holidays/>

Family life and the holidays

PBS parents: <http://www.pbs.org/parents/holidays/>