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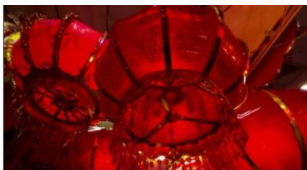
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STREAMING VIDEOS

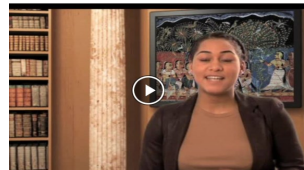
Click on titles



Chinese New Year



Christmas and a Christmas Carol



Diwali (Hindu Celebrations)



Lights & Summary of
Hinduism (includes Diwali)



Kwanzaa: A Cultural Celebration



Kwanzaa Holiday



Martin Luther King, Jr. Day:
The Making of a Holiday



Hanukkah: Video Culture
Class



National Museum of the
American Indian—Star
Stories



Video Culture Class—
Holidays from Around the
World

RESEARCH STARTERS

Chinese New Year

Christmas

Diwali

Hanukkah

Kwanzaa

Lunar New Year

Three Kings Day (Epiphany)

Veterans Day

Winter Solstice

MENTAL HEALTH RESEARCH GUIDES & RESEARCH STARTERS

Anxiety

Depression

Insomnia

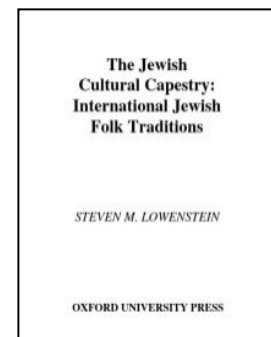
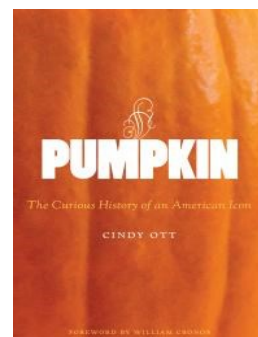
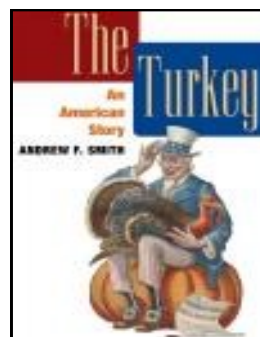
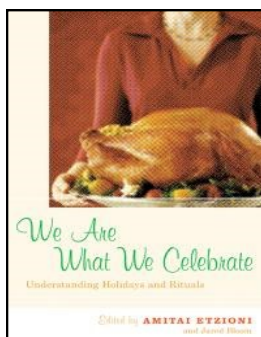
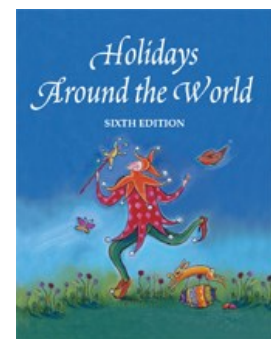
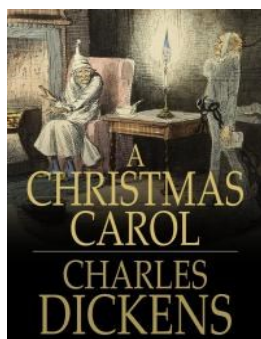
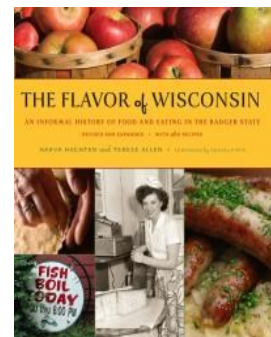
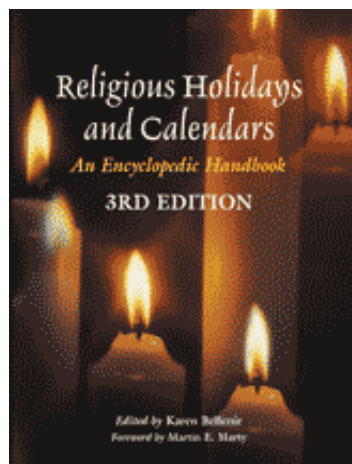
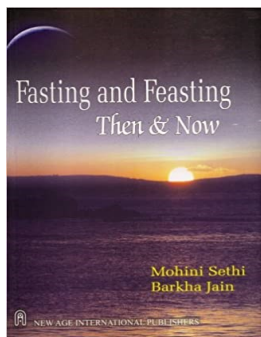
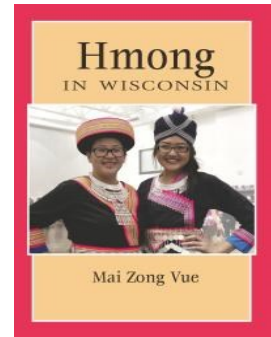
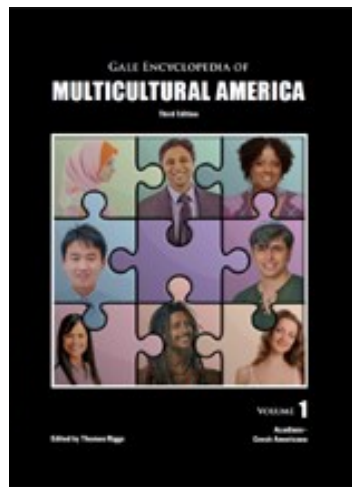
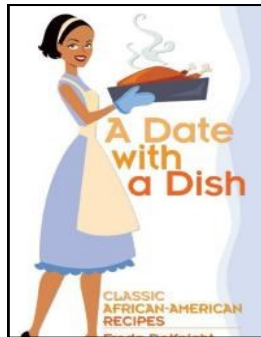
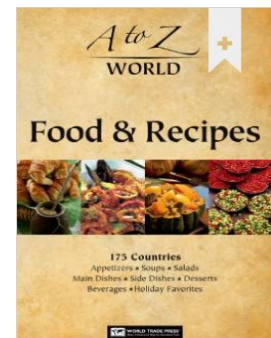
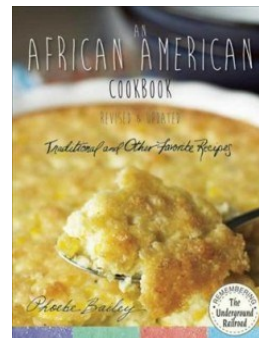
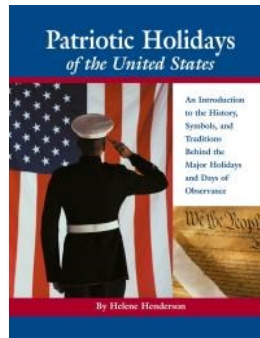
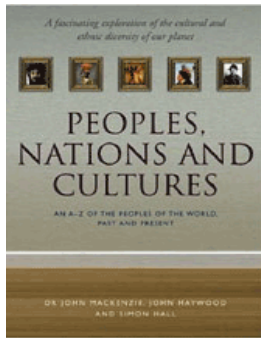
Meditation

Positive Psychology

Relaxation

Seasonal Affective Disorder (SAD)

Stress Reduction



MENTAL HEALTH LINKS

211 Wisconsin—Mental Health Resources

American Psychological Association (Psychology Help Center)

Anxiety Disorders

Crisis Text Line | text TALK to 741741

Mental Health America of Wisconsin

National Alliance on Mental Health

National Institute of Mental Health (NIMH)

Seasonal Affective Disorder (SAD)

Stress

ARTICLES (Dealing with Holiday Stress)

Click on titles

5 Mindful Tips to Beat Stress and Boost Your Immune System

All the Feels

Cure Winter Blues with Light Therapy—or the Beach

Experts Warn of Higher Seasonal Depression Risk

Hectic Holidays

Holiday Cheer: Don't Let Your Winter be Weighed Down by Stress

Holiday Stress, SOLVED

How to Cope With Holiday Stress

How to Know if You Have Seasonal Affective Disorder

Light Therapy Lamps Can Ease Seasonal Depression. Here's What You Need to Know

Pandemic and the Seasonal Blues

Real-World Guide to Holiday Survival

Surviving the Holidays

Winter is Coming

Wintertime, and the Living is Uneasy: Cabin Fever Cures

ARTICLES (about Holidays)

Click on titles

Chinese New Year 2021 (Lunar New Year)

Diwali Fact Sheet

A Fateful Encounter (Thanksgiving)

Festival of Delights (Diwali Traditions & Recipes)

Festival of Lights (Hanukkah)

Here's What You Need to Know Before the Wausau Area Hmong New Year Celebration

Hmong Celebrate Culture, Community

It's Hanukkah: Why Have One Day When You Can Have Eight?

Kwanzaa Party Guide

Kwanzaa—Date with a Dish (Traditions & Recipes)

Latino Tradition Enriches Epiphany (Three Kings Day—Dia de los Reyes)

The Man Who Invented Kwanzaa

Miracle of the Oil -- in Chanukah Cooking

Mix and Match: Interfaith Families are Shaping Their Holiday Celebrations in New and Meaningful Ways

National Day of Mourning

Reminder of Why We Do What We Do (Veterans Day)

Revisiting the Thanksgiving Myth

So Many Ways to Holiday

Thanksgiving and Other Historical Myths

Thanksgiving or Day of Mourning?

Winter Solstice and Our Place in the Cosmos