

Support Your Mental Health



1. Focus on the things you can actually control
2. Be realistic with your commitments
3. It's OK to say 'No'
4. Avoid overspending
 - Focus on celebrating together and showing affection by being present, engaging, and supporting each other
 - Instead of one gift per person, consider a Secret Santa
 - Instead of expensive gifts, consider homemade items, that may carry special meaning to those receiving them

Occasionally let your mind 'settle' like the snow in a globe!

Be Kind to Yourself

Allow yourself to feel your feelings ...

Grief & Loss

- Instead of trying to avoid thinking about your loved one, perhaps honor and celebrate them by getting together with other family members and friends and treasuring their life stories, especially stories that highlight important aspects of their life and personality

Loneliness

- Identify 2-3 people you enjoy being with and make a point to reach out to them. Go out to places that help to uplift your mood and feel a little more connected

Gratitude & Joy

- Share your highs spirits with those around you ... in kind ways!



Care for Your Body



We tend to overindulge in eating and sometimes do less activity during the holidays ... Instead try these:

Take a 'Purposeful Pause'

- Stop and rest when you need to – even for a few minutes

Maintain Healthy Habits

- Do some yoga, take a walk
- Get up and move
- Sleep!

Try Mindful Eating

- Slow down and enjoy your food, you may find you eat less!
- Make conscious choices about what & how much you eat

Holiday 'Care' Plan

1. What is one way you can care for your mental health?
2. How can you be kind to yourself about your feelings?
3. What is one conscious choice you can make to care for your body?
4. What are you looking forward to during the holidays?
5. What is something you can let go of this holiday season?



Warm Wishes for a Beautiful Holiday Season!

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