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Emotions during the Holidays



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December is here and with it, all the emotions attached to it (love, longing, excitement, sadness, anxiety, expectation, disappointment, stress, etc.) The holiday season is full of complicated feelings which can cause turmoil in our mental health, relationships, and overall well-being. Because of that, we must be extra gentle with ourselves and others around us. I know, it's easier said than done so I just ask that you remember to be kind to yourself by setting realistic expectations regarding shopping, decorating, entertaining, cooking, socializing and whatever usually causes you to stress out during the holidays. Remember to take time for yourself and that the simple idea of the holidays is to be kind and spend it with the people we love and that includes ourselves. As far as being kind and gentle to others it may look like being patient with the grouchy person in front of you in line (or at home) or giving away the parking spot or the right of way to the one in a rush. If it helps, remember that just like us, the people around us may be impacted by the pressure to be happy during the holidays and therefore may be unhappy and moody which requires more of our patience and kindness to cope and get through it. Reaching out for support and linking with services when needed is also extremely important to take care of our mental health. So, let's enjoy this holiday season and do what it's fun for us and your loved ones, even if it doesn't look like a Hallmark Christmas movie.



The Lifeline

Provides 24/7, free and confidential support for people in distress, suicide prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

www.988lifeline.org/
Or Dial 9-8-8

Find a Substance Use Disorder treatment facility near you.

www.FindTreatment.gov

National Helpline

1-800-662-HELP (4357)

Treatment referral and information, 24/7. Substance Abuse and Mental Health Service Association
www.samhsa.gov/

Free holiday grief support group with David Kessler. Sign up at www.Grief.com

Domestic Violence Support and information
www.thehotline.org



HAPPY HOLIDAYS!

Marilyn Mejia-Peña, LCSW



RESOURCES



Sometimes I get requests to post different links to brochures and resource guides on my website and they have great information but due to time constraints or maybe repetitive information I haven't added them. However, the information these provide is great and might be relevant and helpful to some of you. Therefore, I have decided to share them with you for your review to add to your tool box and share with others that may benefit. Merry Christmas!

<https://bocarecoverycenter.com/addiction/addiction-domestic-violence/>

This is a free web resource and 24/7 helpline that provides information and support to people fighting physical, emotional, or sexual abuse and addiction.

<https://www.mesotheliomaveterans.org/veterans/talking-to-kids-about-cancer/>

This site offers helpful tips on how veterans can talk to children about having cancer.

<https://www.emy.com/studio/mood-disorders/autism-and-gender-identity>

It offers an educational guide covering autism and gender identity. It highlights research about gender identity, dysphoria, and diversity in neurodivergent individuals as well as information on support groups for those with autism spectrum disorder and gender identity diversity.

<https://www.intelligent.com/online-college-guide-for-students-with-mental-health-disorders/>

It has an extensive guide to help students navigate the programs and policies supporting mental health. It covers topics from understanding their rights to potential accommodations, tips on accessing mental health services, and scholarships.

<https://www.medicareplans.com/medicare-coverage-of-substance-abuse-resource/#does-medicare-cover-substance-abuse-treatment>

Offers a guide that aims to help Medicare recipients identify the different types of substance abuse treatments that are covered and not covered, eligibility, and most importantly, state resources for substance abuse treatments.

<https://helpingsurvivors.org/>

Offers resources to assist survivors of sexual abuse and assault and their families.

NEW YEAR GOALS



2023 is knocking on the door, how did you do in meeting your goals last year? What are some of your new goals? I have a couple I want to share with you. The 1st goal is conservation driven and it is to become more eco-friendly/conscious, the 2nd is to improve my overall wellness. I'd like to invite you to join me in committing to helping our environment, as it is in dire need of some love and respect. Buying ecofriendly products, diminishing the use of plastic, planting flowers, growing some of our own food, saving water, going solar, donating to eco activist organizations, consuming less and producing less trash, are all great ways that we can begin making changes. So, when you go shopping, add some earth friendly products to your Christmas list. The second goal, I think is one of the most common new year resolutions and it is a hard one though it should just be part of our routine. Therefore, my objective this year is to develop little habits that are more doable and will add up in the long run. Those include taking a minute to be grateful, eating at least one healthy meal a day, doing something that brings me joy everyday and a physical activity even if it's just 5 minutes. I invite you join me in setting realistic goals this new year so we can be successful in meeting them. Our wellbeing is essential to being our best selves and we need our planet to enjoy our best life. Please consider adding them to your list of resolutions. If you know me you know I love to watch tv, and my favorite ones are the entertaining and educational ones, and my new finds address my 2 goals—environment and wellness—and they are awesome. If you are looking for something to watch on your break check out *Down to Earth* with Zac Efron on Netflix and *Limitless* with Chris



Hemsworth. I loved both of them because they bring awareness to the need to take care of our environment and ourselves in a positive and actionable way (my kind of way lol). I wish you much success in whatever goals you set for your self this new year as well as tons of joy and health to continue sharing your light with all of us.



HAVE A HAPPY 2023!

I am available to provide trauma-informed consultation services with a bi-cultural perspective to collaborate on organizations with program design, staff development and support. I also conduct in-service trainings customized to your organization's needs which may include topics on domestic violence, clinical skill building, child welfare, and staff wellness/burnout prevention. Please contact me for more info.