

Take Care of Your Mental Health During the Holiday Season

Tools for Resiliency

- Connect with others
- Stay positive
- Get physically active
- How helping others helps you
- Get enough sleep
- Create Joy and satisfaction
- Eat well
- Take care of your spirit
- Get professional help if you need it

Caring for Yourself During the Holidays

- Practice gratitude
- Acknowledge your feelings
- Learn to say "no"
- Be realistic
- Stick to health habits
- Get creative
- Give or serve others
- Journal
- Reach out

Grief and the Holidays

Ways to externalize the loss – give it time and a place

- A prayer before the holiday dinner, about your loved one
- Light a candle for your loved one
- Create an online tribute for them
- Share a favorite story about your loved one
- Have everyone tell a funny story about your loved one
- At your place of worship remember them in a prayer

Do's and Don'ts

- Do be gentle with yourself and protect yourself.
- Don't do more than you want, and don't do anything that does not serve your soul and your loss.
- Do allow time for the feelings.
- Don't keep feelings bottled up. If you have 500 tears to cry don't stop at 250.
- Do allow others to help. We all need help at certain times in our lives.
- Don't ask if you can help or should help a friend in grief. Just help. Find ways, invite them to group events or just out for coffee.
- Do, in grief, pay extra attention to the children. Children are too often the forgotten grievers.

Get more information at Mental Health Connect
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