

SUPPORTING MENTAL HEALTH OVER THE HOLIDAYS

1

PAY ATTENTION TO YOUR FEELINGS

Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.

TALK ABOUT HOW YOU FEEL

Especially if you are sad, upset or stressed, talk to someone you trust about how you're feeling. This is a good way to stop your feelings from building up to a possible explosion!

2

PRACTICE SELF-CARE

Schedule time for yourself and activities that recharge your mind and body. This may include practicing stress management skills, such as deep breathing, meditation, and mindfulness. Remember to prioritize necessities, including eating a balanced diet, getting plenty of sleep, and finding time for exercise.

3

CONNECT WITH COMMUNITY

If you can't be near loved ones during the holidays, finding a supportive community through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation. Consider scheduling a regular phone call with family and friends as well.

4

SUPPORT OTHERS

During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season. *Helping a friend or neighbor not only gives joy to others, but it can improve your own happiness and well-being.*

5

IT'S OK TO TAKE TIME OUT

If you need some space, it's ok to take a break away from everyone. You could excuse yourself and go outside for a short walk, listen to some music or binge some episodes of your favourite show.

6

DEVELOP A PLAN...

for when you are feeling stressed, sad, or lonely. This may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie. Having a plan ahead of time can help ensure the difficult moments are more manageable.

7

KNOW WHEN TO SEEK HELP

If you feel that your mental health struggles are becoming overwhelming and difficult to handle, it is important to seek help. Talk to a trusted adult or reach out to a support line.

CRISIS TEXT LINE: TEXT LA TO 741741

NATIONAL SUICIDE PREVENTION LIFELINE: CALL/TEXT 988

TREVOR PROJECT (LGBTQ YOUTH): CALL (866) 488-7386

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