

# Guide to Managing Mental Health Around the Holidays

The holidays can be a time of joy and celebration, however, painful emotions can also surface at this time of the year. We can experience stress, anxiety, depression and loneliness.

We all deserve to feel love, joy and peace in our lives. Here are some helpful ways we can work to improve our experience during this time of the year.

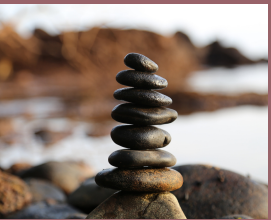
## Self-Care

- Eat Healthy and Nutritious Foods
- Exercise daily
- Get a good quality of sleep
- Stick to a daily routine if possible
- Surround yourself with people that are positive
- Try to do one thing you enjoy each day
- Look for opportunities to laugh
- Reduce your work load if possible so you can keep from feeling overwhelmed
  - Minimize your daily to do list and work on saying “No” without feeling guilt – Also, let's focus on what we did get done and be proud of each small step forward



## Relaxation Techniques

- Deep Breathing
- Meditation
- Journaling
- Guided Imagery
- Progressive Muscle Relaxation
- Emotional Freedom Technique (EFT Tapping)
- Yoga
- Qigong
- Aromatherapy
- Massage
- Hypnosis
- Drawing
- Relaxing Music



## Connection/Support

- Being able to connect to others, especially over the holidays is very important. There are many ways we can stay in touch with family and friends (Meeting in person, Phone Calls, Texting, WhatsApp, Discord, Facetime, Zoom, Facebook, Google Hangouts or Email)
- Reach out to others for support; Family, Friends, Life Coach, Therapist, Join a support or Meetup.com group (in person or online)
- Plan some fun activities at home
- Volunteer (virtually or in person)
- Adopt a pet (animals can help reduce our stress & bring more love into our lives)



# Healthy Ways to Improve Our Mental Health



- Boundaries
  - Communicate to others around you what you need to feel safe, respected and heard – express what you will or will not tolerate
- Forgiveness
  - Forgiving ourselves is so important – it's being able to accept what happened and knowing you did the best you could at that time – letting go of any anger or guilt you may feel about that situation – then showing yourself compassion and love – we can use these moments as a learning experience
  - Forgiving others can help us to process any anger or resentment we may be feeling (forgiveness does not mean forgetting or excusing the harm done to you, nor does it mean we have to keep this person in our lives – forgiveness frees us from holding onto toxic emotions that can harm our health – letting go can help us to process our pain and begin our healing)
- Positive Self-Talk
  - Let's make sure we are being positive in what we say to and about ourselves – Turn down the volume of your inner critic and choose to be your best coach or cheerleader
- Gratitude
  - It may seem difficult at times to find things to appreciate, however, there is still a lot we can be thankful for – celebrate your wins no matter how big or small
- Healthy Self-Soothing
  - Choose healthy coping strategies when experiencing stress (exercise, meditation, painting, poetry, Qigong, yoga, walking in nature or calling a friend)
- Reframing our perspective on challenges
  - For example; instead of focusing on what we can't do this holiday season, let's see if we can come up with new traditions or ways to embrace some moments of joy
- Practice mindfulness and grounding techniques
  - Visit my website in the resources area to see my document on "Tips to Manage Anxiety"  
<https://www.yourlifetimecoach.com/resources>
- Discover your passions
  - Take some small steps to gain momentum towards achieving those intentions and goals

**If you ever feel like coping techniques are not enough, or if anxiety and/or depression get to be too much, please reach out to a mental health professional.**

**Are you in a crisis?  
Call or Text 988 (Suicide and Crisis Lifeline)**

**<https://afsp.org>**



Melissa Wright

**<https://www.youtube.com/c/YourLifetimeCoach>**