



Holiday Coping Resource Guide

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Wellness Department
Educational Service Center of Lorain County
www.loraincountyesc.org



Coping with the Holidays

Holidays can be stressful, but with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

❄️ Resources:

[Coping with the Holidays Guide Available – MHARS Lorain County](#)

The MHARS Board published the Coping with the Holidays booklet to offer suggestions on things like how to reduce stress, deal with loss or change and enjoy the holidays safely and on a budget. In addition, resource numbers are listed for individuals who find the stressor this holiday season and/or the pandemic too much to handle.

Crisis Hotline: 1-800-888-6161

Non-Emergency Navigator: 440-240-7025

The 24-Hour Ohio CareLine is available at 1-800-720-9616

Emotional support call service. Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week.

[Holiday stress resource center](#)

What you can do to minimize holiday stress inducers

❄️ Family Activity Ideas:

📄 [18 Growth Mindset Holiday Family Movies and Activities Big Life Journal.pdf](#)

📄 [45 Family Holiday Traditions - Big Life Journal.pdf](#)





Grief and Loss

The holiday season can be especially challenging if you are dealing with the death of someone close to you. Whether it was a recent loss or one that occurred some time ago, feelings of grief can be heightened and may seem overwhelming during the holiday season.

❄ Resources

- [Grief, Loss, and Bereavement](#)
- [Childhood Traumatic Grief: Information for Parents and Caregivers](#)
- [Dealing with Grief During the Holidays](#)
- [How to Support Bereaved Children Over the Holidays: A Tip Sheet for Parents and Caregivers](#)
- [Three C's for Holiday Grief](#)

Choose

Communicate

Compromise





Tips for Families

❄ Resources

- [Loneliness: How to Cope During the Holiday Season](#)
- [Coping with the Holidays Survival Guide](#)
- [3 Tips for Parenting Through Holiday Stress – Big Life Journal](#)

❄ APA Tip

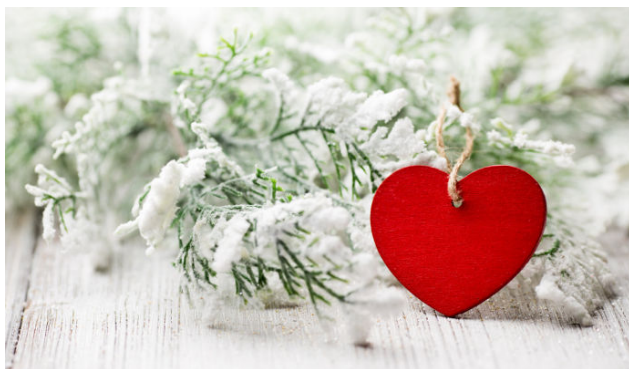
[Making the most of the holiday season](#)

Holidays have the potential to create additional stress for individuals. However, you can view holidays as an opportunity to enhance psychological well-being and be more optimistic about the season.

[Gratitude Journal: 66 Templates, Ideas, and Apps for Your Diary](#) (Positive Psychology)

[Seasonal affective disorder could be worse than ever this year — here's how to cope](#) (CBS News)

❄ Self-Care:



[Remembering the "me" in merry: Self-care strategies for this holiday season](#)