

Mental Health Supports for the Holidays



MENTAL HEALTH TIPS

- [Savoring the Season](#)
- [The Practice of Gratitude During the Holidays](#)
- [Avoiding Holiday Stressors: Tips For a Stress-Free Season](#)
- [6 Signs You May be Struggling Around the Holidays](#)
- [Handling the Holidays in a Non-LGBTQ+ Affirming Environment](#)
- [Need to Talk to Someone? \(Warmlines\)](#)



STRATEGIES TO SUPPORT YOUR MENTAL HEALTH

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.

Develop a plan for when you may be feeling stressed, sad, or lonely.

This plan may include calling a friend or family member, going for a walk, engaging in a joyous activity, or watching a favorite movie.

Be intentional in caring for your mind and body.

Schedule time for yourself to recharge your mind and body. This may include reading a book, working out, time in nature, and practicing stress management skills, such as deep breathing or mindfulness. Remember to eat a balanced diet, get plenty of sleep, and find time for exercise.

Connect with community.

If you can't be near loved ones, finding a supportive community can help reduce feelings of loneliness and isolation. Consider scheduling a regular phone call with family and friends as well.

Support others during this time of year as grief and loss can be amplified.

Check-in on loved ones who may be alone or struggling. Helping a friend or neighbor not only gives others joy but can also improve your happiness and well-being.

Adapted from resources provided by SAMHSA