Santa Paula Unified School District

Mental Health Matters

December 2025

Mental Health During the Holidays

Holiday Mental Health Tips

The holidays can be joyful, but they can also bring stress, loneliness, grief, or added pressure, especially for those living with mental health or substance use challenges. According to NAMI, 64% of individuals with a mental illness experience worsening symptoms during the holiday season. Remember: these feelings are common, and there are ways to support your well-being.

Acknowledge Your Feelings: It's okay not to feel festive. Naming emotions helps you manage them.

Plan for Hard Moments: Prepare coping strategies like calling a friend, walking, or watching a comforting show.

Prioritize Self-Care: Keep up with sleep, hydration, balanced meals, and relaxing activities.

Stay Connected: Reach out to friends, family, or community groups—even virtual check-ins help.

Support Others: Checking on loved ones can also boost your own well-being.

Watch for Seasonal Mood Changes: Shorter days can affect mood. Seek help if symptoms increase.

Set Realistic Expectations & Boundaries: Let go of perfection, practice gratitude, and say no when needed.

Honor Loved Ones: Remember those who've passed through meaningful rituals or traditions.

Find Community: Combat loneliness by joining clubs, volunteering, or attending community events.

You're not alone. Remember that small steps, self-care, and tending to your mental health can make the season feel lighter.

Full articles found at: https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season
https://health.ucdavis.edu/blog/cultivating-health/five-tips-to-manage-your-mental-health-during-the-holidays/2025/11

Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time
OR
Go to **www.liveandworkwell.com** and browse as a guest using code **CSEBO**

mental health matters

988 SUICIDE & CRISIS LIFELINE

Gratitude Tree Recap

Students at Isbell, SPHS, and RHS took part in a schoolwide Gratitude Tree activity this month. During their lunch periods, students paused to reflect and write down the people, experiences, and moments they are grateful for. The activity encouraged students to slow down, share joy, and recognize the support systems in their lives.

Students wrote what they were thankful for, including:

- Family and friends
- Teachers and mentors
- Pets
- Personal growth and accomplishments









Why Gratitude Matters

Gratitude supports mental and emotional well-being. Taking time to reflect helps shift our focus from challenges to the positive things around us. As life gets busy, remembering what we're grateful for helps ground and inspire us.

This newsletter is brought to you by the Mental Health Counselors:

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Local and National Resources and Support

911 For Immediate Support
Ventura County Crisis Team (866) 998-2243 (24 hours)
Suicide Prevention Lines (24 Hours)

- **National Suicide Prevention Lifeline** 988 or (800) 273-8255
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hope line Network** (800) SUICIDE or (800) 784-2433
- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit http://teenlineonline.org for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.

In case of an Emergency:

911 For Immediate Support
Ventura County Crisis Team
(866) 998-2243 (24hrs)