Mental Health Around The Holidays

From: Wellness Club

Lets celebrate...

Sometimes during the Holiday seasons not everyone can be merry and bright. We all struggle differently because we are uniquely individual. Maybe you feel sad or angry, but you don't know why... Wellness club is here to help. Holidays can be enjoyable, so here are some simple tips that are just as great as turkey!

1. Not everything someone says is true, that means you don't need to believe it

   If someone at your table says something you may not agree with focus your attention on something that makes you feel calm or safe. Take a moment for yourself and enjoy your day of relaxation.

Tip #2

2. See things from a new point of view

If a family member of friend is quiet or seems upset, consider putting yourself in their shoes. Offer support simply by being kind and a good listener. Everyone has a story so we should all try to practice compassion .
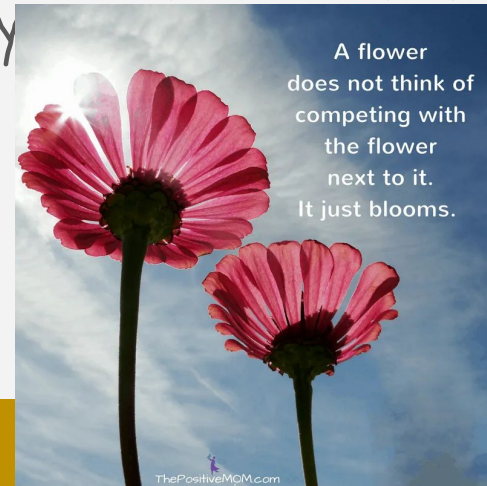
Tip #3

3. <u>Protect your Peace</u>

Peace is the piece that keeps you aligned and feeling good. When something we can not control enters and disrupts the balance, peace can be hard to find. Sometimes you find it again by practicing deep breathing and taking time to reflect in private. Whatever method you choose, try to see the problem through with kindness towards yourself. You are doing a great job !
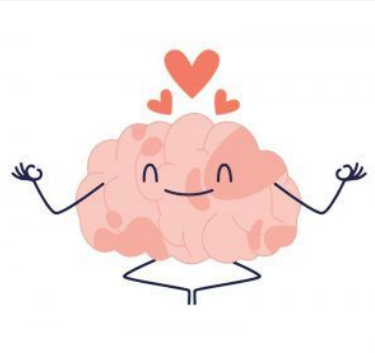
Tip #4

4. Comparison is the thief of Joy

Someone else's success does not diminish your own. Your grass is still green even if someone else's is   greener . These are all ways to show that you can be amazing too, remember during holidays the ways you are unique and show this through kindness y

A flower
does not think of
competing with
the flower
next to it.
It just blooms.

ThePositiveMOM.com

Remember You have got this

To all of our wellness club members and friends, we wish you a great holiday season! Enjoy these links to some helpful resources

1. https://www.mcleanhospital.org/essential/mcleans-guide-managing-mental-health-around-holidays
2. https://advancedpsychiatryassociates.com/resources/blog/managing-mental-illness-during-holidays/