

# DECEMBER WELLNESS:

## MENTAL WELLNESS THROUGH THE HOLIDAYS



The holiday season is usually associated with joy, happiness, family and friends. However, it is important to recognize that this may not be the case for everybody, and it may not be the case every year. By acknowledging triggers that may effect mental health and happiness during the holidays, issues such as sadness, anxiety or depression can be better managed.

Here are suggestions from a Healthline article on how to manage some possible triggers:

1. **Watch alcohol intake.** Try not to keep alcohol readily available in your home. If you're going to a party, plan ahead how many drinks (ideally 0 - 2) you will have.
2. **Sleep.** Try to stick with your bedtime routine of going to bed at the same time each night.
3. **Say "no" when you need to.** Look at your schedule, and say no if you find that you are over scheduled, and do not have time to take care of yourself.
4. **Be open to new traditions.** It can be hard breaking traditions; however, there are times when traditions will change. Try to let go of expectations and ideas how things should be, and look for new ways to celebrate the holiday season.
5. **If mourning the loss of a loved one, find comfort from friends and family.** If you are going through the loss of a loved one during the holidays, you may find it comforting to be around friends and family who can be there for support.
6. **Enjoy time with family and friends.** Try planning a dinner party or holiday get-together. Take advantage of pretty decorations and fun holiday recipes to raise your spirits as you entertain. Or attend a holiday-themed event in your community.
7. **Stay active.** Be sure to keep up your physical activity routine. Even a short 10-minute walk can be beneficial for reducing stress and improving your mood.
8. **If you are experiencing a recent breakup, seek fun activities.** It is hard getting through a breakup, and it may seem even more difficult during the holiday season. See if you can find some fun activities to fill your time and offer enjoyment.
9. **Enjoy healthy foods.** Holidays dinners and parties may offer tempting, unhealthy food options. Try having some nutritious snacks before you leave home, so that you are not so hungry and will be less apt to give in to the temptation of unhealthy options.

To learn more about these concepts, and to read the complete article, click here:

[How to Deal with Stress and Depression During the Holidays](#)