

HOLIDAY STRESS

HEIGHTENED STRESS DURING THE HOLIDAY SEASON?

The holiday season, while often joyous, can also be stressful and negatively impact mental health. Family and social gatherings can bring joy but also loneliness, tension, and conflicts, leading to increased mental distress and help-seeking. Contrary to popular belief, suicide rates typically decrease during the winter holidays. This highlights the importance of addressing mental health proactively and providing support year-round. Providing resources to manage stress and maintain positive mental health is crucial. Effective coping strategies, such as setting boundaries, seeking social support, and prioritizing self-care, can help individuals navigate this period and enhance well-being. We hope this toolkit helps you take care of yourself and your mind during the holidays.

ACTIVITIES



Holiday Stress Management Worksheet — Journaling and activity worksheets effectively reduce stress and anxiety by providing a structured way to express emotions. This holiday-themed worksheet helps teens manage holiday stress with practical tips and activities to support their well-being. Download and use it as needed throughout the season

Source: The Pacific Southwest Mental Health Technology Transfer Center Network



Holiday Body Scan Mindful Practice — Daily mindfulness practice enhances self-awareness and emotional regulation, making it easier to manage difficult emotions. A 10-minute body scan can help ease tension and promote relaxation. During holiday stress, take a moment to slow down and practice mindful awareness, either alone or with loved ones.

Source: Inner Explorer



RESOURCES



SELF-CARE TIPS

The 988 Lifeline offers self-care ideas for December and beyond.

MENTAL HEALTH FIRST AID MENTAL WELL-BEING HOLIDAY TOOLKIT

Download this toolkit for information and resources on understanding holiday stress; setting realistic expectations; managing time and finances; coping with loneliness and grief; and more!



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