

# THE HOLIDAYS & YOUR WELLNESS



The holiday season is typically a time of joyful celebrations with family and friends. Many people look forward to gathering, exchanging gifts, and celebrating traditions. It's important that all people consider the impact of the holidays on emotional well-being. The most critical item on your holiday preparation to-do list is maintaining your mental wellness and practicing self-care.

## MAINTAINING MENTAL WELLNESS & PRACTICING SELF-CARE DURING THE HOLIDAYS

A few things to keep in mind during this holiday season...

- Feel more in control by setting realistic goals for holiday activities. For example, create to-do lists and map out chores that need to get done.
- The holidays are often filled with perceived obligations. Make conscious decisions about those obligations. It's Okay to say "no". Keep commitments manageable.
- Practice self-care by scheduling time for yourself and activities that recharge your mind and spirit. This may include reading a book, spending time in nature, and practicing stress management skills such as deep breathing, meditation, and mindfulness.
- During the holidays, social isolation and stress can be triggers for substance use and depression. Focus on limiting alcohol use. For sober support during this challenging time engage in or continue to engage in recovery meetings such as AA or NA.

**\*If you are struggling to manage mental health or sobriety during this holiday season, the MEND Program is here to help. You are not alone!**

## GRIEF AND THE HOLIDAYS

The absence of a loved one during the holiday season can magnify feelings of grief, loss, emptiness, and isolation.

The following suggestions can help you cope with loss during the holiday season...

- Allow yourself to feel joy, sadness, anger, and grief. It is important to recognize that everyone has their own unique grief experience. No one way is right or wrong. Experiencing joy and laughter during a time of grief does not mean you have forgotten your loved one.
- Set realistic expectations for yourself. Remind yourself that this year is different. Reflect and redefine how to bring fulfillment and meaning into your life through connections to what is important to you and by creating new ways to fulfill those desires.
- Stay away from toxic thoughts, toxic people, and toxic conversations. Surround yourself with people who love and support you. Memories can be a powerful source of comfort; share them by telling stories and looking at photographs.
- Take care of yourself by moderating alcohol use and engaging in activities that recharge your mind and spirit. This may include reading a book, spending time in nature, and practicing stress management skills such as deep breathing, meditation, and mindfulness.



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The MEND Program provides confidential assistance to participants and their dependents in addressing and finding treatment for mental health and substance use issues. **The program is located at 395 Hudson Street, New York, NY 10014, on the 5th floor. Contact MEND by calling 212-366-7590 or emailing MEND@NYCCBF.ORG**

Learn more about The Mend Program at [www.nyccbf.org/news-media/mend-program-and-wellness/](http://www.nyccbf.org/news-media/mend-program-and-wellness/)