



## TIPS FOR COPING WITH HOLIDAY BLUES

The holiday season can be both joyful and challenging for a host of reasons. To help you navigate this time of year:

- **PRIORITIZE SELF-COMPASSION.** Be gentle with yourself. It's okay not to feel festive all the time. Acknowledge your emotions without judgment and practice self-compassion. Treat yourself with the same kindness you would offer a friend.
- **CREATE A SUPPORT SYSTEM.** Reach out to friends, family, or support groups. Connection is a powerful antidote to loneliness and can provide comfort during the holiday season.
- **ESTABLISH REALISTIC EXPECTATIONS.** Release the pressure on yourself and set realistic goals. It's okay if everything doesn't go as planned. Focus on the moments that bring you joy.
- **VOLUNTEER OR GIVE BACK.** Consider volunteering your time or giving back to the community. Helping others can provide a sense of purpose and fulfillment, and it's a great way to shift the focus from personal challenges to making a positive impact.
- **ENGAGE IN MINDFUL ACTIVITIES.** Practice mindfulness to stay present in the moment. Whether it's through meditation, deep breathing exercises, or mindful walks, grounding yourself in the present can help alleviate stress and anxiety.
- **CELEBRATE IN YOUR OWN WAY.** Don't feel pressured to conform to traditional celebrations. Create a holiday experience that resonates with you. Whether it's a quiet night in, a small gathering, or a solo adventure, do what feels right for you.
- **MANAGE FINANCES MINDFULLY.** Finances can be a source of stress during the holidays. Set a budget for gifts and celebrations, and explore creative and cost-effective ways to share the spirit of the season. Remember, the thought behind the gesture is what matters most.
- **TAKE BREAKS FROM MEDIA.** The news and social media can amplify feelings of anxiety during the holidays and too much screen time can be draining. Consider taking breaks from technology to focus on your own well-being.



### CRISIS SERVICES

EVERYONE is eligible for crisis services. For free, confidential support, call our 24-Hour Crisis Help Line at:

**877-470-4668**

### ACCESSING SERVICES

Individuals, parents or guardians may access NCCMH services by calling: **877-470-7130**