



NEWSLETTER

Mental Health Matters!



"MENTAL HEALTH MATTERS DURING THE CHRISTMAS HOLIDAYS"

THE CHRISTMAS HOLIDAYS ARE OFTEN PORTRAYED AS A SEASON OF JOY, TOGETHERNESS, AND MERRIMENT. HOWEVER, FOR MANY, THIS TIME OF YEAR CAN BE EMOTIONALLY CHALLENGING. THE PRESSURE TO CREATE PERFECT MOMENTS, THE FINANCIAL STRAIN OF GIFT-GIVING, AND THE EXPECTATION OF CONSTANT CHEER CAN TAKE A TOLL ON MENTAL HEALTH. HERE'S A BRIEF REMINDER OF THE IMPORTANCE OF PRIORITIZING YOUR MENTAL WELL-BEING DURING THE FESTIVE SEASON.

ACKNOWLEDGE YOUR EMOTIONS

IT'S PERFECTLY OKAY TO NOT FEEL JOYOUS AND FESTIVE ALL THE TIME. THE HOLIDAYS CAN STIR UP A WIDE RANGE OF EMOTIONS, INCLUDING STRESS, SADNESS, AND LONELINESS. THE FIRST STEP IN TAKING CARE OF YOUR MENTAL HEALTH IS ACKNOWLEDGING THESE FEELINGS. DON'T JUDGE YOURSELF FOR EXPERIENCING THEM: THEY ARE VALID AND COMMON.

SET REALISTIC EXPECTATIONS

THE IMAGE OF A FLAWLESS CHRISTMAS OFTEN PERPETUATED BY MEDIA AND ADVERTISING IS UNREALISTIC. SETTING ACHIEVABLE EXPECTATIONS FOR YOURSELF AND YOUR CELEBRATIONS CAN HELP REDUCE STRESS AND ANXIETY. REMEMBER THAT THE PERFECT HOLIDAY IS ONE WHERE YOU AND YOUR LOVED ONES ARE HAPPY AND HEALTHY, NOT ONE WHERE EVERYTHING GOES ACCORDING TO PLAN.

PRIORITIZE SELF-CARE

AMIDST THE HUSTLE AND BUSTLE OF THE HOLIDAYS, DON'T NEGLECT SELF-CARE. MAKE TIME FOR ACTIVITIES THAT HELP YOU RELAX AND RECHARGE. THIS COULD BE READING A BOOK, TAKING A WALK, OR PRACTICING MEDITATION. SELF-CARE ISN'T SELFISH: IT'S ESSENTIAL FOR MAINTAINING YOUR MENTAL WELL-BEING.

CONNECT WITH LOVED ONES

THE HOLIDAY SEASON IS AN OPPORTUNITY TO CONNECT WITH FAMILY AND FRIENDS, BUT IT'S ESSENTIAL TO STRIKE A BALANCE. IF FAMILY GATHERINGS TRIGGER STRESS OR ANXIETY, CONSIDER SETTING BOUNDARIES AND LIMIT THE TIME SPENT IN STRESSFUL SITUATIONS. SEEK OUT THE SUPPORT OF UNDERSTANDING FRIENDS OR MENTAL HEALTH PROFESSIONALS WHEN NEEDED.

FINANCIAL WELLNESS

FINANCIAL STRAIN IS A COMMON SOURCE OF STRESS DURING THE HOLIDAYS. SET A BUDGET FOR GIFT-GIVING AND STICK TO IT. REMEMBER THAT MEANINGFUL GIFTS DON'T HAVE TO BE EXPENSIVE. EXPERIENCES, HANDMADE GIFTS, AND HEARTFELT GESTURES OFTEN MEAN MORE THAN PRICEY PRESENTS.

PRACTICE GRATITUDE

AMIDST THE CHAOS, TAKE MOMENTS TO PRACTICE GRATITUDE. REFLECT ON THE THINGS YOU'RE THANKFUL FOR. IT CAN BE AS SIMPLE AS APPRECIATING A WARM CUP OF COCOA OR THE LAUGHTER OF CHILDREN. GRATITUDE CAN BE A POWERFUL TOOL FOR BOOSTING YOUR MOOD AND FOSTERING A POSITIVE OUTLOOK.

SEEK HELP WHEN NEEDED

IF THE HOLIDAY SEASON INTENSIFIES YOUR FEELINGS OF SADNESS OR ANXIETY, DON'T HESITATE TO SEEK PROFESSIONAL HELP. REACH OUT TO A THERAPIST OR COUNSELOR WHO CAN PROVIDE GUIDANCE AND SUPPORT DURING THIS CHALLENGING TIME. YOU DON'T HAVE TO FACE IT ALONE.

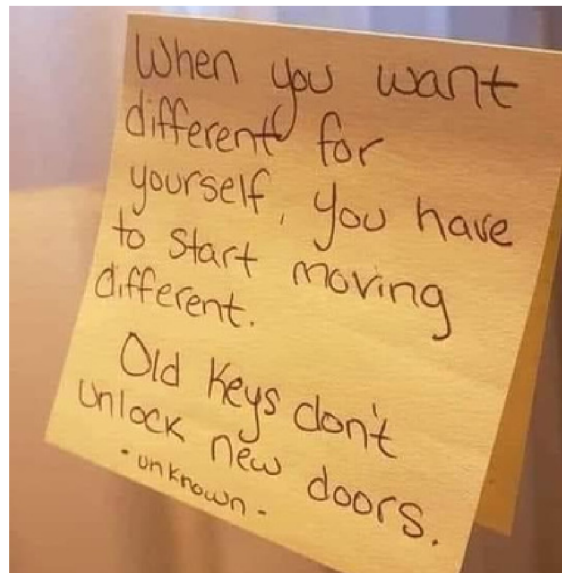
IN CONCLUSION, WHILE THE CHRISTMAS HOLIDAYS CAN BE A SOURCE OF JOY AND WARMTH, THEY CAN ALSO BE CHALLENGING FOR YOUR MENTAL HEALTH. REMEMBER TO BE KIND TO YOURSELF. SET REALISTIC EXPECTATIONS, PRIORITIZE SELF-CARE, CONNECT WITH LOVED ONES, MANAGE YOUR FINANCES, PRACTICE GRATITUDE, AND SEEK HELP WHEN NEEDED. THE MOST IMPORTANT GIFT YOU CAN GIVE YOURSELF DURING THIS SEASON IS THE GIFT OF MENTAL WELL-BEING.



Holiday joy can be achieved by managing expectations!



Bonnie's Note...



Twin Rivers Pathways



25 Days of Self Care



With the stress of the holiday season upon us, it's important to maintain self care. Here are 25 ways for 25 days!

1. Take a hot bath with Epsom salt
2. Enjoy your favorite treat
3. Meditate
4. Take a walk in nature
5. Aromatherapy
6. Learn Something New
7. Limit Social Media
8. Eat Healthy
9. Talk honestly
10. Exercise
11. Read a new book
12. Spend time with family and friends
13. Art (Color, Draw, or Paint)
14. Dance
15. Spend time with your pets
16. Cook or bake something new
17. Journal
18. Full body stretch
19. Declutter
20. Get a massage
21. Take a nap
22. Put down your phone
23. Listen to a great playlist
24. Recite Positive Affirmations
25. Practice Saying No



Happy Holidays from the staff at Twin Rivers Pathways!

941-766-0171

 jnickola@dmh.org

 4161 Tamiami Trail Port Charlotte, FL 33952

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