

# MENTAL HEALTH

## *Check-In*

I need to reach out for support



I am doing pretty good



I am doing really great





# 'tis the holiday season!

THE HOLIDAYS CAN BRING ABOUT VARIOUS EMOTIONS: HAPPINESS, STRESS, SADNESS, FATIGUE, COMFORT. IT IS IMPORTANT TO REMEMBER THAT YOU DON'T HAVE TO BE IN THE "HOLIDAY SPIRIT." EVEN IF THE PEOPLE AROUND YOU ARE, YOU DON'T HAVE TO BE. YOUR FEELINGS ARE VALIDATED, AND YOUR EMOTIONAL AND MENTAL HEALTH COMES FIRST.

# it's okay to not be okay

**EVEN THE ELVES FEEL STRESSED AROUND THE HOLIDAY SEASON. EVEN WHAM! HAD TO FIND SOMEONE ELSE TO GIVE THEIR HEART TOO FOR THE HOLIDAY SEASON BECAUSE OF "LAST CHRISTMAS"**

**WHETHER IT'S THE STRESS OF BUYING GIFTS, A BUSY SCHEDULE BETWEEN GATHERINGS AND WORK, THE LOSS OF A LOVED ONE, THE GLOOMY WEATHER, IT IS OKAY TO NOT BE IN THE HOLIDAY SPIRIT.**

**YOU ARE NOT ALONE.**

"The National Alliance on Mental Illness noted that 64% of individuals living with a mental illness felt that their conditions worsened around the holidays."

"According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. The reasons given: lack of time, financial pressure, gift-giving, and family gatherings."



# Reminders:



**SURROUND YOURSELF WITH PEOPLE WHO WILL SUPPORT YOU**

**IT IS OKAY TO NOT BE IN THE MOOD TO SOCIALIZE**

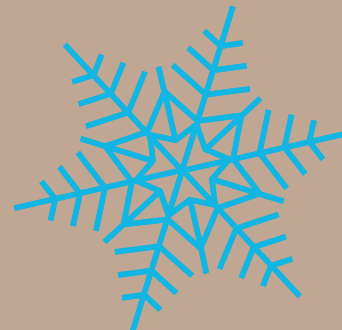
**TAKE NOTE OF YOUR LIMITATIONS AND DON'T PRESSURE NOR BE  
PRESSURED TO DO SOMETHING YOU DON'T FEEL LIKE DOING**

**IF YOU'RE WORRYING ABOUT BUYING GIFTS, IT'S NOT ABOUT  
THE GIFT BUT MORE ABOUT THE GENEROSITY; JUST BE THERE**

**GET SUNLIGHT, STEP OUTSIDE, BREATHE**

**SELF CARE DURING THE HOLIDAYS! TAKE 5 MINUTES TO BE  
MINDFUL AND EXPRESS YOUR GRATITUDE.**

**DEEP BREATHS; IT IS OKAY TO WANT TO BE ALONE AND IT IS  
OKAY TO WANT TO ASK FOR SUPPORT.**



*Mental health  
matters.  
holiday reminders!*

