



# SURVIVING THE HOLIDAYS

## Mental Wellness: Tips To Help You Survive The Season

Let's face it; the holiday season can be stressful. Holidays can bring mixed emotions for some while it can be the best time of year for others. Whether you fit into one or the other, or perhaps both categories, here are some tips to help you survive the holiday season.

1. Smile.
2. Think positive.
3. Laugh.
4. Exercise.
5. Relax. Decide as a family which traditions are important and stick to those.

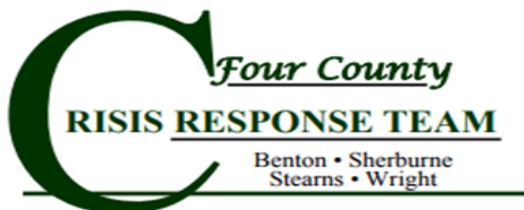
Be kind to  
yourself!

6. Get organized early to make holiday preparations. Decide early whether to extend or reduce the amount of things you attempt to do during the holiday season.
7. Be creative- awaken all your senses and focus on the sights, sounds, and smells of the holiday season. There are many ways to enjoy the season.
8. Take time for you. Make time for yourself every day – avoid overextending yourself. Learn to cope with stress through rest and relaxation.
9. Be helpful to others during this season. Help collect food, clothing, or other items for services for someone less fortunate than you if you are capable.
10. Avoid subjects and activities which will cause tension between family and friends. Allow people to be different – realize everyone doesn't have to have the same values as you.
11. Step outside the situation to take a good look at what's causing stress in your life. Make changes as needed.
12. Enlist the support of family and friends when needed.
13. Don't expect perfection. It rarely occurs.
14. Recognize that you may not be able to recreate "the way things used to be".
15. Avoid the overuse of alcohol and/or other drugs.

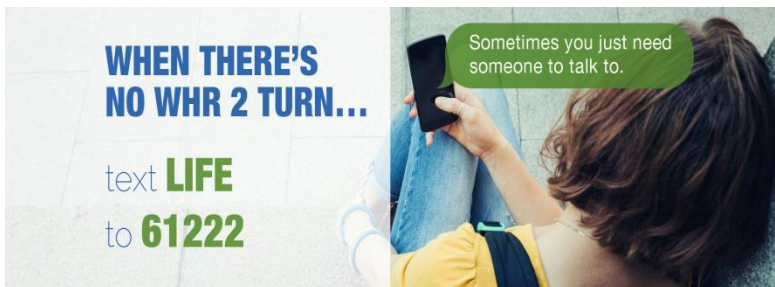
16. Avoid doing things others want you to do out of guilt or obligation. Learn to concentrate on what is really important to the people you care about.
17. Encourage each person who will share the holidays to help with the shopping, cooking, cleaning – and let them do it their way.
18. Take advantage of shopping services. Shop by mail or phone, but don't run up a large credit card bill that will haunt you later.
19. Hire a cleaning service.
20. Cook ahead and freeze or make a deal with your friends to double his/her cooking and exchange for an extra batch of your favorite recipe.
21. Get in the habit of year-round shopping rather than leaving it all until the last minute.
22. Plan activities to cut back on the size and number of gifts you exchange.
23. If you have house guests, point the way to the food and the toiletries and let them be responsible for themselves.
24. If you've been spending the holidays alone, plan early to invite others over who have the same situation. Volunteer your services to a hospital or retirement center.
25. Get plenty of rest and eat well.



Sometimes people need more than tips to help them through the holidays, and that's okay! If you or someone you know is experiencing a mental health crisis, please reach out! Benton, Sherburne, Stearns and Wright County's local crisis provider is the Four County Crisis Response Team: 320-253-5555 or 800-635-8008. Another resource is TXT4LIFE (suicide prevention resource): text "LIFE" to 61222.



Mental Health Crisis Line  
24 hours a day/365 days a year  
320-253-5555 or 800-635-8008



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## WINTER WORD SEARCH



WORDS TO FIND:

