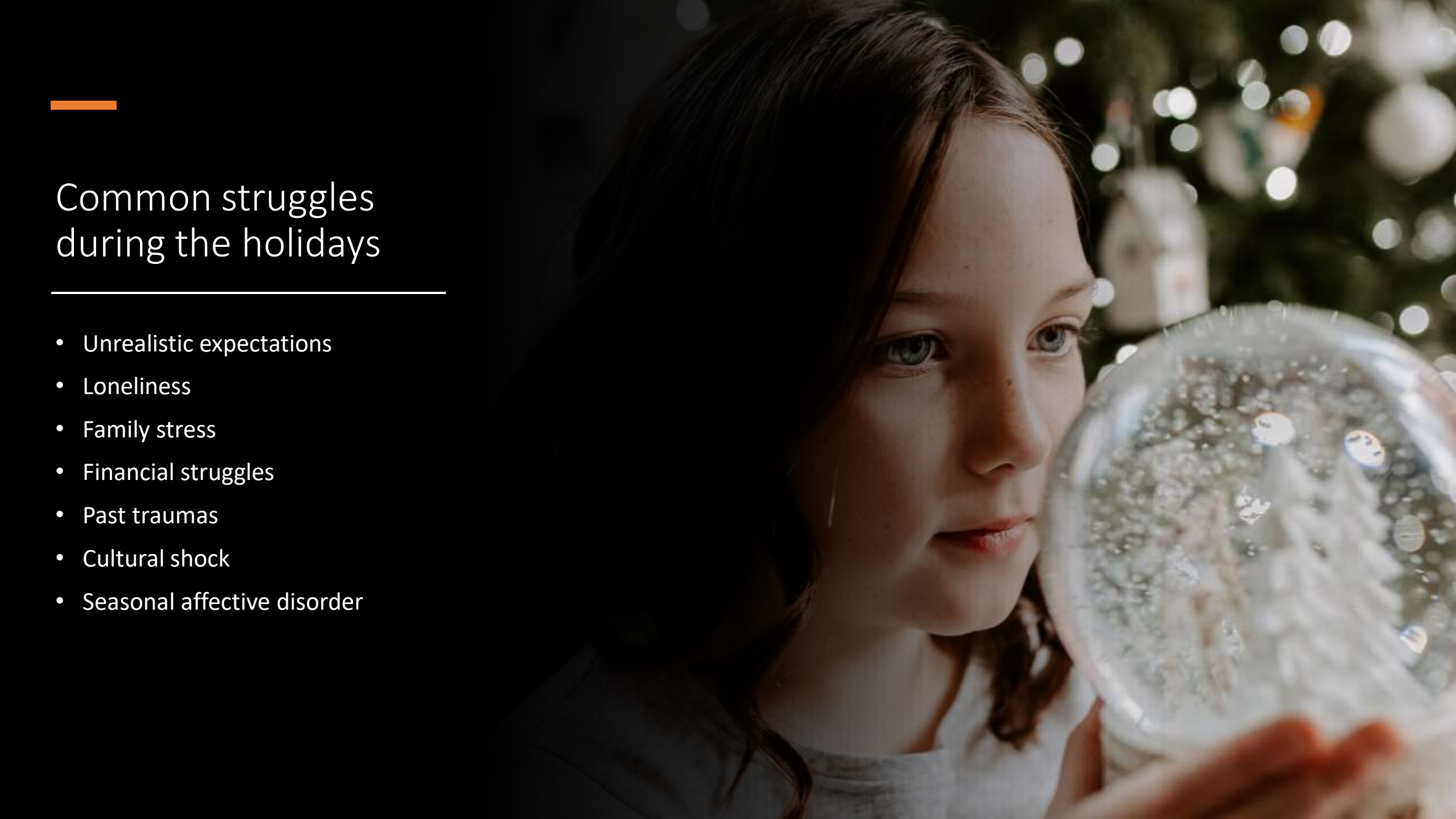


Mental Health Tips for the Holidays

When the best time of year
is not living up to it



Benjamin Feere, MC, CCC
The Caring Place
1350 Osler St Regina, SK
(306)-347-CARE (2273)

A young woman with long dark hair is looking thoughtfully at a snow globe. The snow globe contains a miniature Christmas tree and a house. In the background, a real Christmas tree is visible with warm, glowing lights and white ornaments. The overall mood is contemplative and slightly melancholic.

Common struggles during the holidays

- Unrealistic expectations
- Loneliness
- Family stress
- Financial struggles
- Past traumas
- Cultural shock
- Seasonal affective disorder

Self-check ins

- Easily overlooked
- Critical for our self-awareness
- Necessary for identifying the problem
- Important for taking care of ourself and others



Common warning signs

- 4 dimensions or types of signs
 - Physical
 - Mental
 - Emotional
 - Spiritual



Dealing with difficult families

- Be in the best position possible to deal with them
- Recognize good (and bad) intentions in others
- Be realistic about what to expect from ourselves and others
- Identify what we need to “be okay” in a situation
- Communicate as well as possible
- Do not get caught in the content



Dealing with past traumas



- Holidays are often a very distinct time of year
- This can make past traumas more memorable or more easily triggered
- Be gentle with self
- Take space when needed
- Reach out for help



Dealing with Financial struggles

- Identify source of hardship
- Set up a budget
- Do not add to any existing debt if possible
- Look for non-monetary ways of making loved ones feel special
- Be open to all opportunities

Dealing With Seasonal Affective Disorder

- Talk to your Doctor
- Strengthen mind-body connections
 - Art
 - Meditation
 - Exercise
 - Yoga or dance
- Take care of physical body
- Reduce avoidant behaviour
- Identify negative thought patterns





Culture Shock

- Name our feelings
- Identify the source of the feelings
- Recognize what makes us comfortable and happy
- Find common ground where possible
- Do not put pressure on self to conform to cultural norms that do not fit

A hand holding a lit sparkler against a background of bokeh lights. The sparkler is bright white and is being held by a hand with pink nail polish. The background is dark with many out-of-focus lights in various colors like yellow, red, blue, and green.

Closing tips

- Acknowledge your feelings
- Keep healthy existing habits
- Learn to say no when necessary
- Know your limits with alcohol and other substances
- Prioritize everyone's needs appropriately