

DECEMBER: FINDING JOY

Are you one of the 3 in 5 Americans who feel their mental health is negatively impacted by the holidays? If so, these tips are for you.

A few tips for navigating the holidays...

- **EMOTIONS**: Accept the emotions that come into your heart instead of judging yourself for them. Remember that it's ok to feel sad, or happy and sad at the same time. Make a plan for moving forward from that emotion.
- **BOUNDARIES**: Set clear boundaries. If you stress at the thought of hosting an event or buying an expensive gift, decline with kindness.
- **TIME**: Although the holiday season can become very busy, be sure to make time for the relationships you value most and the person you should take care of most yourself.
- **LOSS**: Create a tradition to honor the loved ones who are no longer with you. You can listen to a song that makes you think of them, light a candle, or write a letter.
- MONEY: Make a budget and stick to it.
- VOLUNTEER: Find an opportunity to give back. It will lift your spirits if you are down and make a difference to someone else.

Let go of expectations and embrace imperfections.

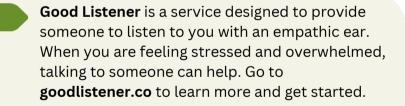


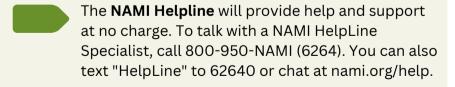
Lunch & Learn: December 14th 12:00 to 1:00 pm

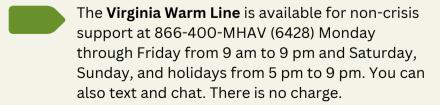
Finding Your Joy Through the Holidays ... Through Music

Special guest: Mary Shapiro, therapeutic musician









Call **988** if you or someone you know is in crisis, including being suicidal.