

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.*

Resources

Good Listener is a service designed to provide someone to listen to you with an empathic ear. When you are feeling stressed and overwhelmed, talking to someone can help. Go to goodlistener.co to learn more and get started.

The **NAMI Helpline** will provide help and support at no charge. To talk with a NAMI HelpLine Specialist, call 800-950-NAMI (6264). You can also text "HelpLine" to 62640 or chat at nami.org/help.

The **Virginia Warm Line** is available for non-crisis support at 866-400-MHAV (6428) Monday through Friday from 9 am to 9 pm and Saturday, Sunday, and holidays from 5 pm to 9 pm. You can also text and chat. There is no charge.

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

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

Finding Your Joy Through the Holidays ... Through Music

Special guest:
Mary Shapiro,
therapeutic musician

