

# inspired

[to make healthy choices]

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## Holiday Mental Wellness

The holiday season can be a joyful time, but it can also bring extra stress, busyness and emotional ups and downs. Changes in routine, family dynamics and financial pressures can affect mood and well-being. Taking care of your mental health is essential. Simple practices like setting boundaries and finding moments of joy can help you navigate the holidays with balance, resilience and a clear mind. Check out our ideas below for protecting your peace this season!



### Connection & Relationships

- Schedule a phone or video call with a friend or family member
- Plan a small act of kindness for someone else
- Send a card or message to someone you appreciate
- Share a favorite holiday tradition with someone new



### Self-Care & Mindfulness

- Take a 5–10 minute mindful breathing break
- Try a short meditation or guided relaxation
- Write down three things you're grateful for today
- Listen to music that boosts your mood



### Managing Stress & Boundaries

- Say “no” to an event or task that feels overwhelming
- Take a digital break—no phone or social media for 30 mins
- Practice a stress-relief technique like stretching, yoga or deep breathing
- Make a to-do list to prioritize tasks and reduce holiday overwhelm



### Healthy Habits

- Drink plenty of water throughout the day
- Prioritize at least 7–8 hours of sleep each night
- Limit caffeine and sugar
- Avoid using alcohol and other drugs to cope with stress



### Creating Moments of Joy

- Watch a favorite holiday movie or TV special
- Take a walk outside to enjoy winter sights or lights
- Do a creative activity (drawing, baking, etc.)
- Do something spontaneous that makes you laugh or smile

If you are struggling this holiday season, don't hesitate to reach out to the **988 Suicide & Crisis Lifeline** by **calling or texting 988** or visiting **[988Lifeline.org](http://988Lifeline.org)** for free, confidential 24/7 support.

