



*During the Holiday Season,
and everyday...*



Maintain Good Mental Health During the Holiday Season

The holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by mental illness. A NAMI (National Alliance on Mental Illness) study showed that 64% of people with mental illness report holidays make their conditions worse. “For many people the holiday season is not always the most wonderful time of the year,” said NAMI medical director Ken Duckworth.

For individuals and families coping with mental health challenges, the holiday season can be a lonely or stressful time, filled with anxiety and/or depression.



HOLIDAY AFFIRMATION

I can say no without guilt!

Mental Health & Well-Being Matters

Here are some suggestions for how you can reduce stress and maintain good mental health during the holiday season

Accept your needs.

Be kind to yourself! Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. Is shopping for holiday gifts too stressful for you? What is making you feel physically and mentally agitated? Once you know this, you can take steps to avoid or cope with stress.

Spend time in nature.

Studies show that time in nature reduces stress. Need to break away from family during a holiday gathering? Talk a walk in a local park.

Volunteer.

The act of volunteering can provide a great source of comfort. By helping people who are not as fortunate, you can also feel less lonely or isolated and more connected to your community. Here are some links to Amazon volunteer opportunities:

<https://w.amazon.com/bin/view/AmazonInTheCommunity/EE/HowCanIGetInvolved>

Find support.

Help is available. Whether it's with friends, family, a counselor or a support group, airing out and talking can help. Learn more about Mental health resources for Amazonians