

Mental health tips to help navigate the holidays



This year presents additional challenges for those who may already be struggling with a mental health or substance use issue.

- Think about how the holidays affect you. What are your triggers?
- Focus on the traditions that are helpful to you and avoid those that are not.
- Celebrate in ways that help relieve stress.
- Pay attention to nutrition and exercise.
- Don't be afraid to seek support.

* Substance Abuse and Mental Health Services Administration

If you or someone you know is anxious about celebrating the holidays safely, refer to the following CDC guidance:

- Celebrate with people in your household, and gather with others "virtually".
- Safely prepare traditional dishes and deliver them in a way that does not involve personal contact (for example, leave them on the porch).

If you must gather with others:

- Limit the number of guests.
- Have discussions beforehand to set expectations.
- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store it while eating and drinking.
- Disinfect frequently touched surfaces and items between use.

* Centers for Disease Control and Prevention

