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Managing Mental Health During the Holidays and COVID-19 Pandemic

Keeping the holidays “merry and bright” can be challenging, especially as we continue to deal with the Covid-19 pandemic and its impacts in our communities. It is important to recognize that during the holiday season experiencing stress, anxiety, fear, sadness and even depression are not uncommon. These feelings can be heightened as we worry about our health, the health of our loved ones, friends and grieve losses that we may have experienced.

It is important to learn and use self-care strategies to help manage our mental wellbeing and take care of ourselves. Self-care is really any intentional act that helps promote our physical, mental, and emotional health. Self-care is not selfish but an act of self-love that helps us rest, relax and recharge. Examples include: listening to music, exercising, reading, yoga, mindfulness, journaling, painting, and so much more. Find what makes you happy and do more of that.

Here are 10 Practical Tips to help minimize holiday stress, depression, and/or anxiety.

- Acknowledge your feelings during this time.
- Be realistic about what you can and cannot do.
- Practice gratitude.
- Learn to say no and take breaks so you can have some time to relax and enjoy.
- Stay connected with positive family, friends and supports.
- Practice healthy habits like eating better, getting rest, and exercising.
- Avoid drugs and excessive alcohol use.
- Get vaccinated so you will have less worry and gain more protection from COVID-19 and practice the 3W's (**W**ear your mask, **W**ash your hands and **W**atch your distance).
- Seek professional help as needed.

With some planning and practicing of these tips, we can have a more joyful healthy and peaceful holiday season!



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Helpful Resources:

- National Suicide Prevention Lifeline/Crisis Line 1-800-273-TALK (8255)
- Crisis Text Line: Text HOME to 741741
- HOPE for North Carolina Crisis Line 1-855-587-3463
- National Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746
- NAMI Helpline 1-800-950-NAMI (6264)
- Call 911 or go to your local BH Urgent Care or Emergency Dept.

Please Consider Giving:

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.

You may give to Community Health Coalition, Inc. through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on [DONATE](#) to make an online donation. Thank You!

For information about health tips

Please visit communityhealthcoalition.com, call (919)470-8680 and/or email contact@communityhealthcoalition.com

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Happy Holidays From Community Health Coalition!

