Caring for Your Mental Health During the Holidays

Caring for your mental health can be a struggle year-round, but some find the holidays especially triggering. While the holidays can be a magical time—full of love, celebration, and joy—some may find the season to be difficult to cope with. From holiday stressors and pressures to grief and loss, this time of year can be overwhelming for some.

What can you do if you find yourself struggling during the holidays? How can you manage your mental health during the season? Here are a few suggestions to help you reduce stress and maintain good mental health during the holidays.

ACCEPT YOUR NEEDS

Be kind to yourself and put your physical and mental wellbeing first. This may mean scheduling downtime and/or time for activities that make you feel good. Recognize what your triggers are to help you prepare for stressful situations.

ASK FOR HELP

Whatever your seasonal plans, it's important to know you don't have to go at it alone. Ask for help, from family members and friends. Take shortcuts, when possible, and give yourself grace.

MAKE A PLAN

Decide what you want to do, what you need to do, and understand the difference. It's okay to say no to plans that don't fit into your schedule or make you feel good.

PRACTICE RELAXATION

Deep breathing, mediation and progressive muscle relaxation are good ways to calm yourself.

SET BOUNDARIES

Family dynamics can be complex. Acknowledge them and accept that you can only control your role.

FIND SUPPORT

Whether you are dealing with depression, anxiety, a mood episode, or just seasonal stress, it's important to talk to someone if you feel overwhelmed. Friends and family can be great pillars of support. Your EAP can connect you with a professional counselor who can help.

Interface Behavioral Health

Your EAP is Here to Help

800-324-4327

Crisis Counselors 24/7

Your Employee Assistance Program is a confidential benefit available to you and your family at no cost.