

Caring for Yourself Through the Holidays

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What do you
love about
the holiday
season?



Most Wonderful Time of The Year

- Joy
- Gatherings
- Giving
- Sentimentality
- Reminiscing
- Decorating and Light Shows

What is difficult about the holiday season?



Preparations, events, and celebrations may evoke stress and may lead to burnout.



Holiday Blues

- Grief from loss of a loved one due to death
- Painful memories from the past holidays
- Relationship breakup
- Financial stress
- Overall sense of loneliness and isolation



NAMI Report

NAMI Report on Holiday Blues
<https://www.nami.org/Press-Media/Press-Releases/2014/Mental-health-and-the-holiday-blues>

755 respondents reported that the holidays contribute to feeling sad or dissatisfied.

68% financially strained

66% experienced loneliness,

63% too much pressure

57% reported unrealistic expectations

55% found themselves remembering happier times in the past in contrast to the present

50% were unable to be with loved ones.

Mindful Breathing Exercise

- Meditation, prayer, and mindfulness can make it easier to balance our mental health and the holidays by helping us navigate difficult emotions and manage expectations.
- Improves mental and spiritual sense of well-being
- Reduces stress and strengthens the immune system

Caring For Yourself

Helps to Promote a
sense of well-being

Plan Ahead

- Get mentally prepared
- Make lists and prioritize
- Set limits
- Stick to your plan

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Allow and honor your feelings

- Check in on yourself – take note
- Acknowledge what's there
- Choose to act on it, or let it go without judgment

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Give yourself permission to say “No”

- Care for your needs
- Build emotional and physical health

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Focus on what you can control

- Set realistic expectations
- Be intentional about appreciating the moment

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Choose what is meaningful to you

- Be selective
- Be true to yourself

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- Plan Ahead
- Allow and honor your feelings
- Give yourself permission to say “No”
- Focus on what you can control
- Choose what is meaningful to you

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” *—Helen Keller*

Resources

- How to Say No Politely Without Feeling Guilty (Tips & Examples):

<https://www.betterup.com/blog/how-to-say-no>