



Surviving the Holidays

HELPFUL HINTS!



The Holidays Can Be Stressful

You might experience:

- Worry
- Loss
- Anxiety
- Loneliness
- Stress
- Illness
- Depression





Consider ways you can care for yourself, such as....

- Getting exercise
- Eating Healthy
- Reading or Journaling
- Talking with someone
- Spending time with pets
- Meditation or yoga
- Volunteer
- Entertain yourself with a show or podcast
- Take a relaxing bath



Helpful Tips for the Holidays

Feeling Down? – 1 in 3 Americans experiences some holiday depression

- Try to keep commitments manageable
- Control what you can
- Skip the alcohol
- Choose activities wisely – you can say no
- Be realistic about your expectations

Helpful Tips for the Holidays

- Plan Ahead
- Don't sweat the small stuff
- Set aside differences
- Acknowledge your feelings
- Get enough sleep
- Don't isolate yourself and reach out if feeling lonely or in need of help.
- National Crisis Line 800-273-TALK (8255)
- Text LOU to 741-741



What is NAMI Louisville?

NAMI Louisville is an affiliate of NAMI, the nation's largest grassroots mental health organization.

Our goal is to strengthen families and individuals affected by mental illness through education, support and advocacy.

Services include:

- Educational Courses
- Support Groups
- Community Outreach Presentations
- Stigma-Free Workplace Initiative
- Youth Advisory Council
- Project #TechDrive

Visit NAMI Louisville for
additional resources at
www.namilouisville.org
or call 502-588-2008.
We are here to help!

Reach Out to Get Connected

