

# SUNDAY MORNING Health Corner

## 4 Tips to Manage Your Mental Wellness During The Holidays

The holidays are a time to enjoy festivities with friends and family, but that may not be possible for all. For many, the holidays mean added stress from cooking, gift buying, and traveling, resulting in feelings of anxiety or depression. With added uncertainties from COVID-19, RSV, and Influenza, remaining mentally healthy has grown challenging for many. Here are four tips to help you manage your mental health during the holiday season.

### Acknowledge your feelings.

Acknowledging your feelings is a helpful way to manage emotions. Remember, pausing to express feelings like grief or stress is okay, even during the holiday season.

### Reach Out.

Talking with trusted people like friends, family, and community members helps you know that you aren't alone and that support is available. Don't hesitate to reach out and get the support that you need.

### Don't abandon healthy habits.

Don't let the holidays become a free-for-all. Instead of overindulging, try to keep your routines in place. Eat healthy meals, exercise, limit alcohol consumption, and get plenty of sleep.

### Seek professional help if needed.

"Holiday Blues" are common, but symptoms lasting more than two weeks can point to something serious. Speaking with a therapist or other licensed clinician may also be helpful as they can assess your symptoms and develop a clinical treatment plan for your needs.



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