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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
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MORGAN COUNTY HEALTH DEPT.



COPING WITH HOLIDAY STRESS

While the holidays typically bring joy and cheer to most, it can be a time of stress, anxiety, and depression for some. Family commotion, a long to-do list, and the pressure to have a picture-perfect house is a lot for anyone to handle. Here are some tips to help cope with the stress that comes along with the holiday season, from the Ohio Department of Developmental Disabilities:

- Connect with others. If you feel lonely or isolated, seek out community, social or religious activities. Check online to see activities going on in your area. Online support groups or social media sites make it easy to talk to others about your concerns.
- Consider volunteering your time to help others. Some ideas include taking a meal to a friend's home during the holidays or volunteering at a local food shelter.
- Be realistic. The holidays don't have to be perfect, or "just like last year". As families change and grow, so do holiday traditions. Choose a few holiday traditions to hold on to, but be open to making new ones. Learn to say "no" to doing too much, which may trigger more stress in this season.
- Don't abandon healthy habits. Eat healthy meals and get plenty of sleep. Be aware of how the news and social media sites affect your stress levels. Limit your time on social media and the internet if they tend to stress you out.
- Take control of the holidays. Learn to recognize your holiday triggers, such as personal pressures, financial demands, and more. Create an action plan to help combat your triggers.

Mental health is just as important as physical health! It's OK to not be OK, and it's OK to ask for help. To learn more and find help, visit www.mha.ohio.gov. You can also get free, professional, and 24/7 confidential support by calling the Ohio CareLine at 1-800-720-9616. The line is staffed by trained counselors who provide compassionate assistance, including resources and information, brief interventions. When necessary, they also give referrals to local mental health and substance use disorder treatment providers.