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HEALTH TIPS



DECEMBER 2024

Managing Your Mental Health During the Holiday Season



According to Dr. Kamala Uzzell, “with the increase of feelings of stress and sadness during the holiday season, it’s important that we all find ways to manage our mental wellness and bring calmness and joy into our lives.”

December health tip brought by



Dr. Tedra Anderson-Brown
Psychiatrist, Behavioral Health Medical Director



Dr. Kamala Uzzell
Psychotherapist, CEO/Founder of Solay Counseling
CHC Board Member

The end of the year and holiday season are traditionally known to mark a festive time with an abundance of invitations to holiday parties and social gatherings. It’s full of wrapping gifts, decorating, baking, and watching football games and holiday movies.

Although it’s a happy time full of cheer for some, the American Psychological Association reports that nearly nine in 10 (89%) people say that concerns such as not having enough money, missing loved ones and anticipating family conflict cause them stress at this time of year (APA, Nov. 2023).

Also, the holiday season can cause feelings of stress due to unrealistic expectations on time and finances and grief seems to intensify as well. Many may also be feeling post-election stress as well.

What can you do?

The key is to be intentional about setting aside time for yourself and finding what works best for you. Here are 10 suggestions for protecting your mental health and putting the “joy” in this “joyous” season:

1. Be kind to yourself – Set boundaries and avoid overextending yourself.
2. Make time to rest, relax and decompress.
3. Stay hydrated.
4. Go for a walk – Get outside and enjoy nature.
5. Start new traditions to celebrate you and honor your loved one.
6. Don't feel pressured to uphold old family traditions.
7. Stay connected to positive and healthy friends and family.
8. Practice mindfulness
9. Avoid illicit drugs and excessive alcohol use.
10. Seek professional help with a therapist or join a support group. If you already have a therapist, keep your scheduled appointments.



Dr. Tedra Anderson-Brown says, “remember, practice makes better, so set your intentions and stick with it!”

If you or someone you know is experiencing a mental health crisis, please call or text 988 or chat at 988lifeline.org. You may also text TALK to 741741 to speak with a skilled professional 24 hours a day.

HAPPY HOLIDAYS!

Contact CHC at:  919-470-8680

 contact@communityhealthcoalition.com

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