



MENTAL HEALTH & *the Holidays...*

A few things to keep in mind.

FEELING DOWN?

1 in 3 Americans feel sad or lonely during the holidays.
It's normal and you are not alone.

IT'S OKAY TO SAY "NO"

Keep commitments manageable.

CONTROL WHAT YOU CAN

Things may not always go as planned.
Stay focused on what you CAN fix.

SKIP THE BOOZE

Spirits and lowered inhibitions can result in a holiday
ruining episode.

CHOOSE WISELY

If Aunt Mary's get togethers always stress you out,
decline the invitation and do something else that brings you JOY!

REACH OUT

Stay connected with friends & family or call MEND
212-366-7591 to help you cope.

