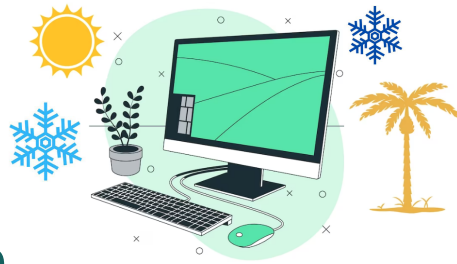


mhconnect.org  
2023 Resource Guide  
Holiday Wellness Tips



This resource guide provides ideas and advice for individuals and families who are in need of carefully navigating their mental health and wellness during the holiday seasons. We encourage Ambassadors, faith communities, leaders and staff, and volunteers to share this information with those who can benefit from it.

*Links to web-based articles may include advertisements and ancillary information. MHC makes no representation or endorsement of such material.*

**Guide contents**

- Suggestions
- Holiday stress
- Grief, loneliness, and being alone for the holidays
- Mental illness strategies
- Covid and holidays
- Gifts and giving
- Community holiday arts and music events
- Crafts to relieve stress during the holidays

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**Suggestions for you**

- Pick 2-3 topics to share with your faith community.
- Import articles/pdfs/excerpts into holiday newsletters.
- Post a series of mental health tips in your communications throughout the holidays.
- Share specific resources with individuals and families in need of support.
- Present this resource guide to faith community staff—suggest specific topics to leaders.
- Email [hannah@mhconnect.org](mailto:hannah@mhconnect.org) with events that your faith community is hosting that are open to others in the MHC Collaborative.

*User comments and suggested additions are welcomed to the ongoing development of this document.*

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## Holiday stress

- [Mental Health America of Wisconsin - Not So Merry? Holiday Depression and Stress \(mhawisconsin.org\)](#)
  - [Holiday Blues - Put Your Mental Health First This Holiday Season | University of Utah Health](#)
  - [Holiday Toolkit](#) Twelve Days of Tip Sheets - Share them all or select a few! These holiday tip sheets contain practical strategies that can be distributed via email throughout the holiday season. (Written for employees, but useful for a broader audience.)
  - [Managing Stress For Holiday Family Get-Togethers](#) Practical tips, including how to prepare a “self-care” plan, practice answers to triggers.
  - Holistic therapies
  - Mindfulness and Meditation
    - [Mindfulness During the Holidays](#)
    - [Guided Meditation for Holiday Stress Relief](#)
    - [What Holistic Therapies and Practices Help with Anxiety and Depression](#)
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## Grief, loneliness, and being alone for the holidays

- [Loneliness and The Holidays](#) Practical tips including how to be good to yourself and rethinking your expectations.
  - [Eight Things to Do If You're Alone for the Holidays](#)
  - [Newsletter Article](#) Feeling Lonely During the Holidays?
  - [Grief Support for Adults](#)
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## Mental Wellness Strategies

- [Stress, depression and the holidays: Tips for coping](#)
  - [Ten Tools](#) These proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips
  - [Anniversaries and Trigger Events](#)  
Learn how anniversaries of disasters and other trigger events may renew symptoms of emotional distress in disaster survivors.
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## Covid and the holidays

- [Supporting Mental Well-being During COVID-19](#)
- [Focus on your mental Health: Actions during Covid PDF](#)
- [Coping with Stress During Infectious Disease Outbreaks | Publications and Digital Products](#) This fact sheet provides tips for coping with stress during an infectious disease outbreak. It describes common signs of stress and how to recognize when to get help.

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## Gifts and giving

- Support your community, volunteer your time or resources, and cope better with holiday stress.
    - [Get Involved | Donate or Volunteer/People Serving People](#)
    - [Where to Volunteer on Thanksgiving - PureWow](#)
    - Support a local charity during the holiday season.
    - ([Charity Navigator](#) rates non-religious charities with a numerical score out of 100 total points.)
    - [Toys for Tots](#)  
Find toy drop-off locations or donate money. Children need joy in their lives during the holidays. (no rating)
    - [Second Harvest Heartland](#)  
Hunger is a huge community problem. Families and children are missing meals. \$1 = 3 meals.
    - Donate to your local food shelf. Google “Food shelves near me.”
    - [Habitat for Humanity](#)  
Many volunteers are needed to stabilize housing and support families.
    - [Beacon Interfaith Housing Collaborative - We Believe In Home](#)
    - [VEAP](#)
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## Community holiday arts and music events

- [A Christmas Carol at the Guthrie](#)
  - [St. Olaf Christmas Festival](#)
  - [Your Classical Carol Countdown from American Public Media and Minnesota Public Radio](#)
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## Crafts to relieve stress during the holidays

- [7 Fun DIY Projects Guaranteed to Relieve Stress](#)
  - [Art Activities for Stress Relief](#)
  - [15 Favorite Holiday Projects!](#)
  - [Christmas Crafts \(bhg.com\)](#)
  - [12 Easy Art Activities for Stress Relief | WeTeachMe](#)
  - [DIY Fabric Wrapped Wreath - Jaime Costiglio](#)
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