

# LEARN TO LIVE BULLETIN

Your guide in wellness & mental health—December 2023



## Take Care of Your Mental Health This Holiday Season

The holidays can be stressful and emotional. There are gifts to choose, budgets to adjust, family and friends to visit, schedules to juggle, travel to arrange. Being proactive with your self-care can help maintain your well-being during stressful times. Here are a few tips to take care of your mental health this holiday season:

- » **Have realistic expectations.** Holidays don't need to be perfect. Focus on spending time with others.
- » **Make a budget and stick to it.** This will help you feel in control and ease an anxious mind.
- » **Keep up healthy habits like exercise, sleep, and good food choices.** Each one improves your mood, helps you handle stress, provides energy, and helps you prevent or fight sickness.
- » **Take time for yourself.** Schedule time to do something fun and relaxing.
- » **Try to help others.** This can boost your mood and sense of purpose.
- » **Be careful with alcohol and food.** Too much can cause a bad mood, anxiety, and depression.
- » **Spend time with positive supportive people.** They will give you energy, not take your energy away.
- » **Get fresh air and sunlight every day.** Take a 20-minute walk to reduce seasonal sadness.
- » **Use relaxation techniques.** Try deep breathing, meditation, yoga, or journaling to manage stress.
- » **Make sleep a priority.** Do it even when you're busy. Good rest is key for mental health.



It's important to remember you don't have to struggle alone. You may need extra support during difficult times like the holidays. If you're feeling down, reach out for mental health support. It can make a big difference in your enjoyment of the holidays.

### We can help.

Learning to relax during stressful times takes plenty of practice. Your body will always tell you when you need to take a break. The hard part is learning to listen!

Learn to Live's Stress, Anxiety & Worry program will help you see your fears and stress. You will learn how to deal with the thoughts and activities that are keeping you stressed.

Our experienced Learn to Live coaches can be helpful, too. Your coach can answer all your questions and provide support through weekly emails, texts, or phone calls.

Get started today at [learntolive.com/partners](https://learntolive.com/partners) and enter access code **MIIA**. If you're already a member, simply sign in with your username and password. Learn to Live is available to you and your family members, ages 13 and older, all at no cost.



RESILIENCE | STRESS, ANXIETY & WORRY | DEPRESSION  
SOCIAL ANXIETY | INSOMNIA | SUBSTANCE USE | PANIC

