

HOLIDAY MENTAL HEALTH RESOURCE GUIDE

If you find it difficult to enjoy this time of year, you may be experiencing **the Winter Blues**. You are not alone. **Winter Blues** are described as experiencing abnormal sadness and low moods during the cold and gloomy months.

Please use this guide to help you as needed. If it is an emergency, dial 911.

What to do in a crisis?

Students:

- Assess for safety - make sure you are physically safe.
- Let an adult know.
- Utilize coping tools to feel better.
- Call for professional help.

Adults:

- Assess for physical safety.
- Encourage use of coping tools.
- Call for professional help.

Coping Tools

- Deep breathing exercises.
 - Breathe in like smelling a flower.
 - Breathe out like blowing a candle.
- Mindfulness Meditation
 - YouTube Search "Breathing Butterfly Exercise"
- Yoga/Stretch/Walk
- Read a book
- Watch your favorite show/movie
- Color/Draw
- Make a list of choices OR Journal
- Call a friend or loved one

Tools and Tips

- Maintain your go-to healthy habits
- Practice the coping tools for 10 minutes.
- Download the Headspace App
- Set boundaries.
 - Say "No"
 - Figure out your needs.
- Missing someone or something?
 - Write a letter.
 - YouTube Search: "5 Things About Grief No One Really Tells You"

Resources

Professional Help

- Call 911 - Immediate Danger
- Call 988 - Suicide Crisis Hotline
- Call 1-800-978-3600 - LA County Domestic Violence Hotline
- Text "teen" to 839863 - Teen Line
- Crisis Text Line - text "TALK" to 741741
- National Suicide Prevention Lifelines 1-800-273-TALK (8255)

The Gift of Gratitude: <https://caresolace.com/entity-user/resource-center/post/getting-grateful>

Article: Managing Your Mental Health During the Holidays - NAMI Blog