



December 2015 – Have A Mentally Healthy Holiday

Here are some tips to help your holiday be more joyful and less stressful.













Tips to Reduce Your Stress During the Holidays



Member Highlight

Catawba Community Mental Health Center (CCMHC) is a member of the Upper Midlands Rural Health Network. CCMHC is a regional mental health center of the South Carolina Department of Mental Health that serves York, Chester, and Lancaster Counties. CCMHC provides mental health services to people of all ages, offering counseling, psychiatric assessment, medication management, crisis intervention, and other services to those experiencing serious mental illness and significant emotional disorders. All DMH facilities are licensed or accredited; CCMHC is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

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-  Make your environment sunnier and brighter (open blinds, trim trees that may be blocking sun, etc.)
-  Get outside
-  Exercise - Don't put off until after the holidays
-  Stick to your routine as much as possible
-  Know your spending limit and stick to your budget (Lack of money is one of the biggest causes of stress during the holidays)
-  Put stress in it's place - focus on the present moment (Don't worry about the past and future)
-  Give something personal - (It doesn't have to cost anything - writing a poem or a letter to a loved one is very personal and a powerful way to show you care and are thinking of them over the holidays)
-  Share the tasks - involve your kids
-  Create the kind of holiday that you want
-  Set reasonable goals (You don't have to have the perfect Norman Rockwell holiday to be happy)
-  Spend some time alone to relax (It's OK if you want to quietly read, listen to music, stretch your tired muscles to get away from friends and family)
-  Exercise in moderation with holiday foods and alcoholic beverages