



December 2016



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- Dealing With the Holidays

Welcome to Wellness and Recovery Newsletter



We hope you enjoy this months newsletter.

MYTHS ABOUT THE HOLIDAYS

The holidays are always happy
The holidays are stress free
The holidays are perfect
Families always get along
There is always a happily ever after

THE REALITY IS...

Family issues arise
Financial concerns
In ability to be with family or friends
Stress
Fatigue
Unrealistic expectations
Over commercialization



But, those with mental health or substance use concerns may be hit especially hard...



Ways to Cope with the Holidays

Set realistic goals
Holidays don't have to be perfect
Ask for support
Accept help from loved ones and friends
Don't let holidays be an excuse to eat and drink in excess
Get plenty of sleep and physical activity
Do not spend money that you don't have
Remember the true meaning of the holidays.

