

Managing Mental Health During the Holidays



Sometimes the holidays are hard—especially when everyone else seems to be celebrating. Consider these C.A.P.E. strategies to help you navigate the season more smoothly.

Choose valued actions and helpful beliefs

You can't always control what happens or how you feel, but you *can* choose how you act and which thoughts you want to pay attention to.

What values do you want to guide your actions this holiday season?

What choices can you make to align with your values this holiday season?

Thoughts are not facts—you get to choose to believe them. When your thoughts are making holidays feel harder, slow down and ask yourself these questions:

- How accurate is this thought?
- What is the impact of this thought?
- What's a more helpful, balanced thought?

Acknowledge and accept

Acceptance means acknowledging your reality as it is, without judging it as good or bad. It's a tool to free up energy to focus on what you can control this season. Practice acceptance by following these four steps:

- 1 Focus your attention on the present moment
- 2 Notice your thoughts, emotions, sensations, or things in your environment
- 3 Meet what comes up with openness and curiosity instead of judgment
- 4 Recognize that your experience is not right or wrong; it just is

Put your wellness first

Self-care can be challenging. Identifying your needs and setting “SMART” goals can help you get started and stay dedicated.



Setting Boundaries



Taking Breaks



Exercise



Nutrition



Sleep



Socializing



How do you want to prioritize your wellness this holiday season?

Specific

(What exact action?)

Measurable

(What accountability metric?)

Achievable

(What's reasonable?)

Relevant

(What value does it tie into?)

Timely

(What's the time frame?)

Engage on your terms

Even if the holidays don't pan out the way you hoped they would, you can make choices and take steps to navigate them on *your* own terms.

If you anticipate holiday conflict with loved ones, remember:

- Seek understanding, not agreement
- Reassure your intentions
- Ask permission to share your rationale or information (if applicable)
- Validate the other person's emotions
- Give the benefit of the doubt
- Stay firm on your boundaries

There is no right or wrong way to observe the holidays. Consider how you can move closer to the things you value and stay connected to what matters most, even if it doesn't look exactly like you imagined it would.

Honor past traditions or create new traditions in your own way



Make a special holiday recipe



Watch a classic holiday film



Listen to your favorite holiday music



Look at old photos

Stay connected virtually if apart



Open gifts



Cook a meal



Play games

Meaningful connection—with others, with ourselves, with holiday traditions—comes from intentional actions, and intentionally sharing our experiences and feelings.

What are things you can do to stay connected this holiday season?

Lyra is here to support you during this season. Reach out at
care.lyrahealth.com