



Safety Matters®

NEW ME. KNOW ME. CALM ME.

Education and Encouragement for a Healthier, Happier Life.

Taking Control of Your Mental Health Over the Holidays

Build a plan that helps to manage the additional stressors over the holidays and take control of your health and happiness over the holidays. Pick what works best for you and be open minded to trying different options if something is not working. There is no right or wrong, and not everything works for everyone - focus on the tools that are most beneficial to you.

- **Keep a journal/diary.** Maintain a record of those stressful moments in a small notebook somewhere private (a purse, locked drawer) and when you get flustered, take it out and record the date/time, description, the effect on your mood, a scale of the level of stress and your first signal that you experienced.
- **Find a hobby that makes you happy.** Fend off stress doing something you enjoy. This could include photography, knitting, reading, woodwork, crossword puzzles, and sudoku -- all of which are great ways of re-focusing your energy on something that helps you relax.
- **Listen to your favorite music.** Choose pieces that don't exaggerate feelings of anger, anxiety or sadness. Keep them close so that you can easily turn it on at the moment that you need to disconnect.
- **Get physical and keep your running shoes close.** It has been proven that physical activity is a great way to reduce stress. Take 30 minutes to go for a short walk or jog to cool down your over-stimulated mind.
- **Try relaxing techniques such as breathing exercises, yoga or meditation.** Techniques that encourage low, deep breathing and concentration are great tools to help you relax. If you're nervous, anxious or experiencing heightened panic attacks, these can help settle your mind, decrease your blood pressure, and slow your heart rate.
- **Volunteer and help others.** Finding a way to give back to the community and helping others improves your mood and takes the focus off of you.
- **Increase outdoor activities & soak up the sun.** Being outdoors and in sunlight is proven to have a calming effect on the mind and body. Take your meetings on a walk, go to the park or just walk around your neighborhood.

Whatever you do - Make it yours and make it personal. Think about what works for you. If you're not quite sure, keep an open mind to trying something different. Avoid doing unhealthy things like drinking a lot of coffee, smoking, and eating junk food - these may escalate stress and related problems.

Learn More. Know More.

Visit **our website** for links to more resources and tools.

Stay encouraged for a healthier happier you. Get social with us today!

