



**CMHA Alberta Division wishes
you a season filled with warmth,
comfort and great mental health!**



**Canadian Mental
Health Association**
Alberta
Mental health for all

For more information, contact CMHA Alberta Division as follows:

320 Ledgeview Business Centre
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Edmonton, AB T5K 2L9

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www.mymentalhealth.ca
www.cmha.ab.ca

HERE WHEN YOU NEED US

Our Mission

Mentally healthy people in a healthy society

Please call or email if you wish to be added to the e-newsletter or removed from our mailing list

Charitable Registration Number:

10686-3491-RR001

**DONATE
TODAY**



8 TIPS FOR HOLIDAY MENTAL WELLNESS

The holiday season is a busy time for most. There is so much to do and plan, which can bring up feelings of being overwhelmed, anxious, stressed and depressed. This is also a time where people may feel acutely aware of the void left by the loss of a loved one, or their own personal loneliness.

1. BUDGET

There are many expenses during the holidays. Whether you are buying presents, food, or travelling, you may find yourself overextending your budget.

- Plan your budget in advance of the holiday season.
- Only spend cash or use your debit card.
- Host a Secret Santa! Buy one gift for your group of friends or family.

2. FAMILY

Not everyone in a family gets along, and sometimes there are personality conflicts. Family members may try guilt trips or push boundaries to make you feel obligated to do things that you don't want to.

- Be realistic about what you can and cannot do.
- Set boundaries with your family and communicate them.
- Stay one night at your family's house, not a whole weekend, or choose one family to visit each holiday instead of trying to see and please everyone. Visiting friends? Stay for a couple hours instead of a whole day!

3. OVERINDULGING

During the winter months, our activity levels slow down and there are many opportunities to consume rich food and alcohol. This can lead to feelings of guilt or shame.

- When you plan your holiday schedule, allow yourself opportunities to get active.
- Be gentle with yourself and understand that your goal is to limit consumption or inactivity, not eliminate it.

4. TAKING ON TOO MUCH

You may have over-committed or experience unrealistic expectations during the holiday season.

- Pace yourself. Don't take on more responsibilities than you can handle.
- Cut out the things that aren't truly important.
- Make a list and prioritize the important activities.
- Decide on your limits and stick to them.
- Let others share the responsibilities of holiday tasks.

5. LONELINESS AND ISOLATION

Loneliness and isolation can be a concern for many of us during the holidays.

- Pick up a winter hobby or join a group. This will give you planned interactions.
- Volunteer with a local non-profit. It is humbling, and rewarding. You may just make some new friends!
- Keep on the lookout for free holiday activities happening in your community.
- If you know that you will have a tough time during this season, tell people to check up on you.



6. LOSS

The holidays can be a reminder of the loss of a loved one.

- Acknowledge that this holiday season won't be the same.
- This is an opportunity to create new traditions as a way to keep your loved one's memory alive. Did your loved one care about a certain cause? What were their interests? Incorporate these things into your new holiday traditions.
- Spend time with supportive and caring people who understand what you are experiencing.

7. SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is a type of depression related to changes in seasons. The symptoms include tiredness, depression, mood changes, irritability, trouble concentrating, body aches, insomnia, decreased interest in activities and overeating.

- Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.
- Speak to a mental health professional in your community about the options available to you.

8. YEAR-END REFLECTION

As the year comes to a close, many of us reflect on what has changed or stayed the same. It's important to be grateful and gentle with yourself. Take stock of things that are going well, or that you have done well. When we always look at what we don't have, we forget to be grateful for what we do have.

- Give yourself credit.
- Look to the future with optimism.
- Don't set New Year's resolutions, as they put unnecessary pressure on you. If you want to make a resolution to change something, start today. There isn't a date that defines your choices.

We wish you a very happy and healthy holiday season.



To learn more:

www.farrelgreenspan.com

Twitter [@FarrelGreenspan](https://twitter.com/FarrelGreenspan)



4 Ways to Support Mental Health this Holiday Season

1. Give the gift of hope, recovery and health by donating today

Each donation, no matter how big or small, makes a positive difference to the life of someone affected by mental illness, and for that we are extremely grateful.

Donations can be made online [here](#), by phone (780) 482-6576, or by mail.

2. Bring holiday giving to work

What is your organization doing to celebrate and give back during the holidays? Stuck on ideas of how to incorporate giving during the work festivities? Here are some examples:

- **Make a donation on behalf of clients or donate the money you would have used on holiday cards**
CMHA in Alberta will send out a holiday card on your behalf letting your friends, family, colleagues, and clients know a donation was made in their honour. We have printed cards and an electronic card format available.
- **Combine your holiday party with a charity auction**
Throwing a holiday party for your office? Consider combining it with a silent auction, so everyone can get involved.

• Collections with colleagues

Do you need a quick and easy way to incorporate giving during the holidays? Use our envelopes or forms to do a quick collection.

• Host a 50/50 Draw

A simple way to raise money is to host a 50/50 draw and donate half the proceeds.

3. Volunteer

Volunteers are the heart of the Canadian Mental Health Association. Every day you make a difference. We will have many volunteer opportunities available in 2018. Please [email](#), call us (780) 482-6576, or visit our [website](#) to learn more.

4. Share your voice to spread the love

With the help of our community in Alberta, we can raise the level of awareness for mental health, and provide resources to individuals and communities enabling them to feel empowered and take action.

Can you help us spread the word?

- Share these 8 helpful tips for mental wellness during the holidays with your friends, family and co-workers.
- Share this newsletter with friends, family and co-workers.
- Like us on [Facebook](#) [Twitter](#) [LinkedIn](#)

DONATE TODAY

Your donation supports the Alberta Division of the Canadian Mental Health Association in its mission to promote mental health and help those suffering from mental illness in Alberta. We can only do this with the support of our donors and partners- like you! Please donate today.



Ph: 780 482-6576
Fx: 780 482-6348
E: alberta@cmha.ab.ca

Yes! I Want To Donate To The Canadian Mental Health Association, Alberta Division!

Donor Name: _____ Donation Amount: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

One-time gift Monthly gift

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Credit card Number: _____ Expiry: _____

CVV Number (3 or 4-digit # on the back of your card): _____

Signature: _____ Date: _____

Charitable Registration Number: 10686-3491-RR0001
Please return forms to CMHA Alberta 320 Ledgeview Business Centre
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