

Mental health and the holiday season

Don't be afraid to ask for help

For many, the holiday season is a time to feel merry and bright, but for others, it's a time full of stress and anxiety. In November 2018, Psychology Today posted "How to Manage Your Mental Health During the Holidays", by a licensed mental health counselor. This included grounding yourself by thinking about your values. Don't feel like you must spend a paycheck on Christmas gifts when it's really your time people want. Then there's drama. In Alberta especially, with the economy and political climate, things can get heated around that turkey dinner Christmas Day. Psychology Today recommends choosing to be mindful and watching out for triggers (drinking, binge eating) and instead, seeking positivity.



In "5 Ways to Manage Your Mental Health Over the Holidays" Forbes' contributor France Bridges recommends sticking to your routine as much as possible. She writes, "the more you stick to your routine, even if it's just for one part of your day, the more you will feel in control and the less anxious you will get once things start to disrupt it." Bridges also recommends saving repetitive, monotonous work for down days.

Mental health in the workplace

According to the Canadian Centre for Occupational Health and Safety, organizations need to consider the following to create a mentally healthy workplace:

- Psychological support
- Organizational culture
- Clear leadership and expectations
- Civility and respect
- Psychological competencies and requirements
- Growth and development
- Recognition and reward
- Involvement and influence
- Workload management
- Engagement
- Balance
- Psychological protection
- Protection of physical safety

Mental health and wellness resources

Resources recommended by Alberta Health Services include:

- Addiction Services Helpline 1-866-332-2322
- Canadian Mental Health Association Distress Line 1-888-787-2880
- Family Violence Info Line 403-310-1818
- Health Link 811
- Kids Help Phone 1-800-668-6868
- Mental Health Helpline 1-877-303-2642



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