

Navigating the Holiday Season (Resources)

Self-Care - During the holidays', prioritizing self-care is essential to maintaining mental and physical well-being, ensuring you have the energy and peace of mind to fully enjoy the season.

- EAP Videos on Self-Care - <https://eap.cfsbny.org/search-videos/?vi=self+care>
- Book to Consider Reading:
"Radical Self-Care: A Guide to Loving Yourself Fully" by Nakeia Homer
Focus: Insights on emotional healing and self-love.

Managing Conflict and Boundary Setting - Managing conflict and setting clear boundaries during the holidays is crucial for maintaining healthy relationships and protecting your emotional well-being in a time that can often feel overwhelming.

- Video: How to handle conflict during the holidays (without burning bridges)!
<https://www.youtube.com/watch?v=-EmvBalkNrI>
- Podcast Suggestions:
"Unlocking Us" with Brené Brown ·
 - Episode Example: "Boundaries: Setting Limits with Love and Respect""Difficult Happens"
 - Episode Example: "Navigating Triggers During Holiday Gatherings"
- Article to consider reading: How to Survive Family Conflicts During the Holidays -
https://www.huffpost.com/entry/family-conflicts-holidays_b_2200707



Navigating the Holiday Season (Resources)

Managing Grief and Loss - Navigating grief and loss during the holidays is important for honoring your emotions, allowing space for healing, and finding a way to honor loved ones while still taking care of yourself.

- National Mental Health Hotline – call for 24-hour support about all kinds of issues. The hotline is confidential and can connect you to a local grief counseling helpline or other free services, depending on the support you need. Call (866) 903-3787.
- The Dinner Party - The Dinner Party is a nationwide organization for young people who have experienced loss. The organization runs meetups called “Tables” that are organized by other young individuals and meet regularly to support each other. Meetings are held both in person and virtually and are free to attend. Email: dinnerpartier@thedinnerparty.org
- Crisis Text Line If the thought of making a phone call is too intimidating, the Crisis Text Line is open 24 hours a day to provide free, confidential support. Text Home to 741-741, Chat: <https://connect.crisistextline.org/chat> or WhatsApp link: <https://api.whatsapp.com/send/?phone=14437877678&>
- Friends for Survival - This organization works with people who are struggling to cope after the suicide death of a loved one. It supports both the family members of the deceased and their friends. Call (800) 646-7322
- Disaster Distress Helpline - The Disaster Distress helpline supports U.S. residents who’ve been impacted by a natural or human-caused disaster. Call (800) 985-5990
- Veterans Crisis Line While not specifically a grief counseling helpline, the Veterans Crisis Line offers free, confidential counseling services for veterans and their family members. Veterans can text the service or visit the website to use the live chat. Call: 988, then press 1 Text: 838-255 Chat: <https://www.veteranscrisisline.net/get-help-now/chat/>
- EAP Videos on Grief and Loss - <https://eap.cfsbny.org/search-videos/?vi=grief+and+loss>

