

## Resources on Navigating the Holiday Season

**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. – <https://youtu.be/-EmvBalkNrl?si=Ls4JeQoO3jRRiY2S>

### 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:** [Navigating Family Conflict During the Holidays: Finding Peace Amidst the Chaos – Elevate Health and Wellness](#)



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### Managing Grief and Loss

- Navigating grief during the holidays means honoring your emotions, creating space for healing, and finding ways to remember loved ones while caring for yourself.
- National Mental Health Hotline – 24/7 confidential support and referrals for grief services.
  - Call (866) 903-3787.
- The Dinner Party – Peer-led groups for young adults grieving a loss; meet in person or virtually.
- Crisis Text Line – Free, 24/7 text-based support. Text HOME to 741-741 or use their site.
- Friends for Survival – Support for those grieving a suicide loss.
  - Call (800) 646-7322.
- Disaster Distress Helpline – Support after natural or human-caused disasters.
  - Call (800) 985-5990.
- Veterans Crisis Line – Free, confidential help for veterans and families. Call 988 (press 1), text 838-255, or chat online.
- EAP [Grief and Loss Resources | Child + Family Services](#)

