



COPING DURING the HOLIDAYS

'Tis the Season!

The holidays can be an overwhelming time of the year for youth and young adults. So, it's important to create a game plan for yourself to reduce the holiday stress!

The Holidays and Mental Health

The festive season can be an awesome time with friends and family, but let's be honest, it can also be a time of overwhelming emotions, out-of-town guests that you probably don't know, people not respecting your physical boundaries, and pressure to buy gifts. Let's not forget the other responsibilities like academic expectations, maintaining your social life, being a student athlete, the list goes on! There can also be a lot of stress and anxiety due to grieving the loss of loved ones, being away from family, having to care for family members, or getting college applications done.

For students who identify as **BIPOC** or **LGBTQ**, the holidays may not be as joyous. The CDC reports that 1 in 4 LGBTQ+ high school students attempted suicide; in addition, the suicide rate amongst Black youth ages 10-17 increased by 144% in 2020.

BIPOC

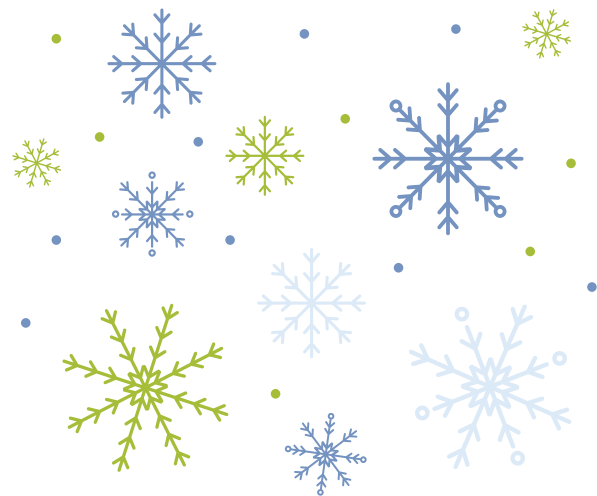
<https://www.cnn.com/interactive/2020/10/health/mental-health-people-of-color-wellness/>

LGBTQ

<https://www.cdc.gov/lgbthealth/youth.htm>

Things to Try

Set small and realistic goals for yourself. Lean into your support systems like family members, take a walk, or listen to music. Be assertive! Understand that it is okay to say how you feel. Don't forget to step away and refocus. For additional support, please visit The Steve Fund, The Trevor Project, Selfsea, or Black Mental Health.



Strategies to Cope

The main thing is to prioritize yourself! Understand that your well-being matters the most. You can take care of your mental health during the holidays by setting boundaries, practicing self-gratitude, and highlighting your achievements.

Some other actions you can take include: journaling to give space to your feelings/emotions! Connect with your friends. Give to yourself by doing things that allow you to prioritize yourself like watching your favorite TV show, doing arts and crafts, checking out a TikTok video, creating a vision board, or giving yourself a break. Make a plan and get creative!