



# Emotional Wellness Newsletter

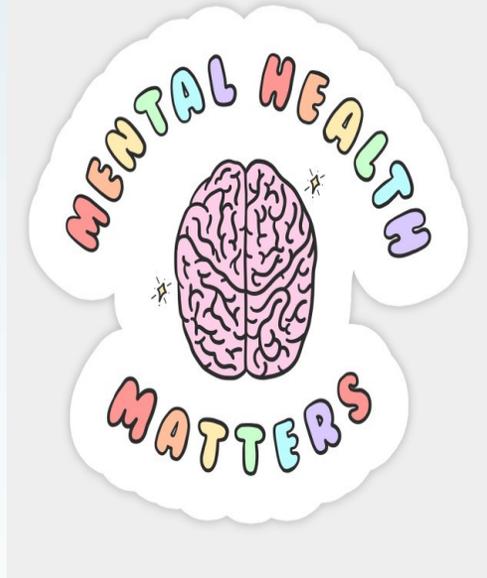
## Giving Thanks

As the Thanksgiving holiday approaches many of us feel overwhelmed and anxious. The holidays are most certainly different this year. Many of us are fearful about how to connect with our family and friends while maintaining our health and safety. Remember that relationships are not determined by geography, a turkey or even by a hug. Our relationships can transcend time and space. Even if the holiday is not the way we want it or the way it has always been, that doesn't mean that it can't be filled with love, gratitude and peace. November is hard. We are recovering from election stressors, preparing to give thanks and stressing about the looming December holiday season. Remember that all those stressors are usually about expectations. So be kind to yourself and others that we love and really look at our expectations for this year and how they bring us joy. Eliminate the stuff that doesn't lift us up or make us happy. This year is especially a year of thankful gratitude. Also, the holidays are not always easy. Some of us are grieving, some of us are triggered by past or present traumas, and some of us feel overwhelmed and alone. It is important to remember that as lovely as the holiday can be, it is but a day. We can spend that day however we need to, whether its taking a walk, cooking a meal, practicing our faith or watching old movies. Release yourself from expectations that make you unhappy or unhealthy. Give thanks for what we have, and celebrate ourselves, the people and things that we love and care about in anyway that is special and meaningful. This year our team is thankful for all of you, have a safe and happy Thanksgiving.

## Coping with the Holidays

Nine steps to coping with holiday stress.

- 1) Realize that some things are out of your control: We cannot control the weather, the traffic, or the actions of other people. When we fight against what is out of our control, we often end up feeling more miserable and stressed out.
- 2) Realize that some things are in your control.
- 3) Learn to surrender and accept: Instead of resisting against the things that are out of our control, we can choose to surrender.
- 4) Be mindful: Pause for a moment. Discern what is happening inside of you right now. Try to observe your internal experience, just as it is, without judgment.
- 5) Take charge of your thoughts: Although sometimes it might not seem like it, we are in control of our thoughts. The goal is not to ignore or deny the thoughts, but rather to clearly see them, acknowledge them, and then transform them.
- 6) Use your breath: Your breath is a tool that you always have with you. It is there for you no matter where you are, no matter who you are with, and no matter what is going on around you. Your breath connects your mind and body and it can be your greatest ally in dissipating stress.
- 7) Look on the bright side: Again, this can be challenging, but also entirely doable. See if you can focus on the positive or find the silver lining in frustrating and stressful situations
- 8) Take care of yourself: Self-care is a potent remedy for stress and a main ingredient in our overall well-being. Often, the more stressed we become, the less we take care of ourselves.
- 9) Try not to compare: Relinquish the temptation to compare yourself to others. Whether on social media or in person, comparing can lead to distorted perceptions and feelings of stress.



### Emotional Wellness Staff

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### Contact Information

To schedule an appointment to meet with one of our therapists either in person or via telehealth, please contact our Intake Coordinator .

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