

- Holidays

Ten mental health tips for the holiday season

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'TIS the season to spend time with family, catch up with friends, and be festive.



However, no matter how joyous the vibe is, the dreaded Christmas Rush may overwhelm you. What should have been a merry period could be stressful. And perhaps, even lonely for others.

With how busy holiday plans may get, experts from the Benilde Well-Being Center (BWC) of the De La Salle-College of Saint Benilde (DLS-CSB) noted it is important to remember to take charge and look after your mental health.

To counsel the general public, the specialists shared tips from the Mental Health Foundation, a United Kingdom-based charity dedicated to research, development, and promotion of new ways to safeguard good mental health.

Talk about your feelings. Communicate your emotions. Create a space for these conversations. Identify who you can speak to. It will be easier through tough times.

Take a break. Have some time out from your day-to-day life. Give yourself a change of scene or pace. Practice mindfulness to unwind. Gain some perspective to reflect on the past year.

Do something you are good at. Try to keep up with hobbies you enjoy all year round. Turn these into Christmastime activities: handcraft gifts, bake cakes and cookies. And don't forget to play Christmas songs.

Accept who you are. Remember: People live different lives. Do not feel under pressure to do more than you are up to.

Eat well. What we eat affects how we feel. Too much sugar has noticeable effects on health in the short and long term. Balance it out. Dine in moderation.

Drink sensibly. It is great to celebrate over drinks. Spending time on good relationships is essential for your well-being. However, it is best to know your limits.

Keep active. Working out pumps up endorphins – the happy hormones. Regular exercise can boost your self-esteem, help you concentrate and sleep better, and keep your brain and other vital organs healthy.

Seek for help. We get overwhelmed when something goes wrong. If circumstances are getting too much for you in the next few weeks, ask for help.

Keep in touch. Enjoy this time to catch up. Family and friends can offer different views, keep you grounded, and solve practical problems.

Care for others. Keep up the relationships with people close to you. Reach out to loved ones. Find out how they have been.