

COUNSELING FOR WELLNESS

Highlights

Tips to Reduce Stress	1
Dealing with Holiday Grief	2
Resources	2

Whether you're feeling the end of the semester crunch or trying to wrap your brain around the myriad of tasks and other deadlines that surround the holidays—you are not alone. Finals and the holidays are just around the corner; it's time to take a look at how to lessen some of the inherent stress.

According to the American Institute of Stress, more than 110 million Americans take medication for stress related causes each week. When the holidays come along, people already predisposed to stress can find themselves feeling blue and more stressed out than usual.

Take a look at your attitude. There's no magic bullet, but your attitude can make a difference. Ask yourself: *Is your situation a small, medium or large problem? How upset do you want to get over it, and for how long? Focus on the possibilities around you, not the restrictions.*

HOURS

MONDAY	10-9
TUESDAY	10-9
WEDNESDAY	10-9
THURSDAY	10-9
FRIDAY	10-6
SATURDAY	By Appt.
SUNDAY	By Appt.

Sue Lipiec -216-373-5211
slipiec@ndc.edu
Colleen Byrne- 216-373-6394
cbyrne@ndc.edu

**24/7
Crisis Intervention Services**
After hours contact campus
safety and security at
216-373-5212

Quick Tips to Reduce Your Stress!

1. Schedule some down time for yourself everyday
2. Keep a calendar with all your commitments --don't be afraid say "No"
3. Try not to worry about things that are out of your control
4. Stay positive—negative attitudes are contagious and destructive
5. Problem solve with the people around you. You don't have to go it alone.
6. Get moving. A little exercise every day is good for the mind, body and soul
7. Eat healthy foods. Decrease the amount of fat and sugar you eat
7. Keep realistic holiday expectations—don't let perfectionism spoil the party
8. Don't expect to get along with everyone just because it's the holidays
9. Do a little every day. If you finish early, **don't** pile more on the "to do" list
10. Avoid drinking caffeinated beverages
11. Watch your alcohol consumption—know your limit
12. Catch some Zzz's. Try and get 8 hours of sleep each night

Happy Holidays!



Adapted from *Holiday Stress Survival Kit:*
Strategies to help you relax & enjoy yourself



A Not so Happy Holiday

Helpful Hints For Surviving Holiday Grief

If you've lost a loved one, the holiday season without them can be like opening up a painful wound all over again. Holidays, which are usually times to gather together with family and friends, can be a painful reminder of someone who isn't with you anymore. If you or someone you know is experiencing grief this holiday season, here's what you can do to offer and gain some comfort and support.



Be kind to yourself. Give yourself permission to feel whatever it is your feeling. Avoid falling prey to the belief that you have to feel a certain way or do certain things for your holiday to be "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam.

Take Care of Yourself

Get the rest and nourishment you need. Don't take on any more than you can handle. If you need to be alone, respect that. If you crave the company and affection of others, seek it out. Do whatever it is that feels right to you.

Ask For and Accept Help

The holiday season is no time to feign strength and independence. It's o.k. to seek and accept help and support from others to get through. Don't feel as though you are a burden. People get immense satisfaction and joy from helping those they care about.

Remember That You Will Survive

As hard and painful as it is for you right now, you will survive. You will make it through the holidays in one piece. It may be the most difficult season during your time of grief, but it will pass. And when it does, you will come out on the other side stronger than before.

You don't have to enjoy the holidays. You don't even have to go through the motions pretending to enjoy the festivities. But, it's also just fine to have a good time in spite of your grief. You won't be disrespecting your loved one by enjoying yourself. The best gift you can give anyone you love, even someone you have lost, is being true to yourself and living your life to the fullest.

Adapted from Getting Through the Holidays: Surviving grief through the holidays



www.hospicewr.org

Free
Online
**Alcohol
Screening**

AlcoholScreening.org

If you or a family member
are experiencing a mental
health crisis, call the



**24-Hour
Mental Health
Crisis,
Information &
Referral Hotline
216-623-6888**

**Do you know someone
thinking about suicide?**

For help call:

216-623-6888

CELEBRATING
40
Years of Treatment & Recovery
Cuyahoga County Community Mental Health Board