



While the holiday season can be joyful, it also presents unique challenges. For those who are managing a mental health condition. This guide includes practical tips and strategies to help loved ones better understand these challenges and provide meaningful support. Fill it out and share with loved ones to start conversations and gently guide them in offering the support you need.

➤ WAYS YOU CAN SUPPORT ME:

HELP ME SET AND HOLD BOUNDARIES

These are my boundaries:

- _____
- _____
- _____

With these family members:

- _____
- _____
- _____

CHECK IN WITH ME IF YOU NOTICE I'M _____ (ISOLATING, UPSET, ETC.)

- Here's how you can check in with me:
 - Verbally check in
 - Give me a hug
 - Stand by me
 - Allow me space to cry or share emotions
 - Remind me to be gentle with myself
 - Say my mantra to me
 - Write mantra here: _____

SUPPORT A CONSISTENT ROUTINE EACH DAY SO THAT I:

- Take my meds
- Eat
- See my providers
- Sleep
- Do activities that bring me joy

SUPPORT MY ALONE TIME

- In my room
- Away from family
- Taking a drive
- Joining a support group
- Calling my friends
- _____

CELEBRATE SMALL WINS WITH ME

- _____
- _____
- _____

ENCOURAGE QUALITY TIME WITH PEOPLE I FEEL SAFE WITH

- _____
- _____
- _____

SUPPORT MY COPING SKILLS

- Utilizing fidget toys
- Calling or texting a supportive friend/family member
- Fact checking
- Journaling
- Sharing gratitude (verbally or written)
- Meditation or mindfulness

- _____
- _____
- _____

OTHER WAYS YOU CAN HELP

- _____
- _____
- _____

> KINDLY AVOID THE FOLLOWING:

- Making negative comments about me, yourself or others
- Making judgments about food and food choices
- Make judgments about my clothes or style
- Other things to avoid:

- _____
- _____
- _____

> RESOURCES TO LEARN MORE

- Mental Health Support for the Holidays: [Bit.ly/3UplXJP](https://bit.ly/3UplXJP)
- Support Groups for Families and Caregivers: [Bit.ly/4hmw6Sw](https://bit.ly/4hmw6Sw)
- Recommended Readings: [Bit.ly/3Yw0HEK](https://bit.ly/3Yw0HEK)

> SUPPORT GROUPS

- Pathlight Mood & Anxiety Center
- DBSA
- NAMI

Thank you for taking the time to understand how you can support me during this season. Your care and attention mean so much, and together we can create a positive, nurturing environment that helps me stay on track. I appreciate your love, patience and willingness to respect my needs as we navigate the holidays together.

To learn more about free community resources and education, email Resources@ERCPATHLIGHT.COM

Contact us to schedule a free assessment with a master's-level clinician. [1-877-825-8584](tel:1-877-825-8584) | PATHLIGHTBH.COM