

# Surviving Winter Break



As the holiday season starts, many people start to feel lonely, stressed, sad and/or overwhelmed. Here are a few tips to help you through the break.

## ***Do something good for others***

Being altruistic means helping others or doing good without focusing on recognition or reward for yourself. The holiday season presents many opportunities to be altruistic. Take a meal (or a gift card for a meal) to a person in need, extend the time on someone's parking meter, help a neighbor with yard work, offer to help your parents wrap or deliver gifts, offer a compliment or extra smile to people you see, etc.

Even though the point of altruistic behavior is focusing on others, research suggests that people who are more altruistic receive all sorts of physical and mental health benefits. Altruistic individuals have better life adjustment overall and tend to see life as more meaningful. In addition, altruism is associated with a decreased sense of hopelessness and stress, less depression, increased physical health, and enhanced self-esteem.



## ***Laugh***

Individuals with a greater sense of humor are more cheerful and have a higher self-esteem. They are also more likely to develop close, social relationships (these positive relationships can help us deal with stress). Humor can help to minimize the importance of stressful experiences. Laughing can produce positive physiological (body) effects such as reducing muscle



## ***Exercise***

Exercise is a great stress buster. If you don't want to go to a gym to workout, take a walk, walk the dog for a neighbor (also counts as doing something nice for someone), play music, dance, throw the football with a friend or organize a pickup basketball game.

## ***Sleep***

Sleep allows our bodies to repair and refresh and prepare for the coming day. Try to keep a typical routine by going to bed at a reasonable time and waking around the same time every day.

## ***Still feeling stressed?***

Many people experience a worsening of symptoms (loneliness, stress, sadness, etc.) around this time of year for a variety of reasons. If you are feeling sad, lonely, overwhelmed and/or stressed please seek help. Here are some resources:

### **Crisis Text line-A free, 24/7 text line for people in crisis at any time.**

1. You text 741741 when in crisis. Available 24/7 in the USA.
2. A live, trained crisis counselor receives the text and responds quickly.
3. The crisis counselor helps you move from a hot moment to a cool calm to stay safe and healthy using effective active listening and suggested referrals – all through text message using Crisis Text Line's secure platform.



**Local:** Call **513-281-CARE (2273)** or text **TALBERT** to **839863** for help. Emergency phone lines are staffed 24 hours a day, seven days a week, offering crisis intervention, information, and referral services.

\*In the Event of an Emergency, call 911 or call Children's Hospital Psychiatric Intake 636-4124.