



5 WAYS TO COPE WITH HOLIDAY STRESS

keep the 'me' in merry

- **Set Realistic expectations:** Learn to say **NO** and set boundaries. Don't let the holidays dictate how you are supposed to feel or act. Do what makes you happy.
- **Maximizing your happiness, not your bills:** You don't have to buy lavish things, make a budget spreadsheet and set an amount you are comfortable with spending.
- **Steer clear of Perfectionism** – there are pressures to be the “perfect” host. Delegate others to help, ask someone else to host, be clear of boundaries and put-up ground rules.
- **Togetherness can be overwhelming:** Being around family can cause stress. Its ok to leave early. You can also decline invitations, and not feel guilty, If you don't want to go, you don't have to!
- **Alone or lonely, it's OK!:** Do something special for yourself, cook, order in, do a holiday project, go to a movie. Reach out to others whether online or on the phone. You can even write letters.

Ways to manage stress:

- Create to do lists
- Manage your time
- Engage with supports
- Create a routine
- Ask for help anytime
- Set time to practice self care
- Proper sleep and physical activity
- Eat and drink in moderation



**Most Importantly:
BE KIND TO
YOURSELF!**



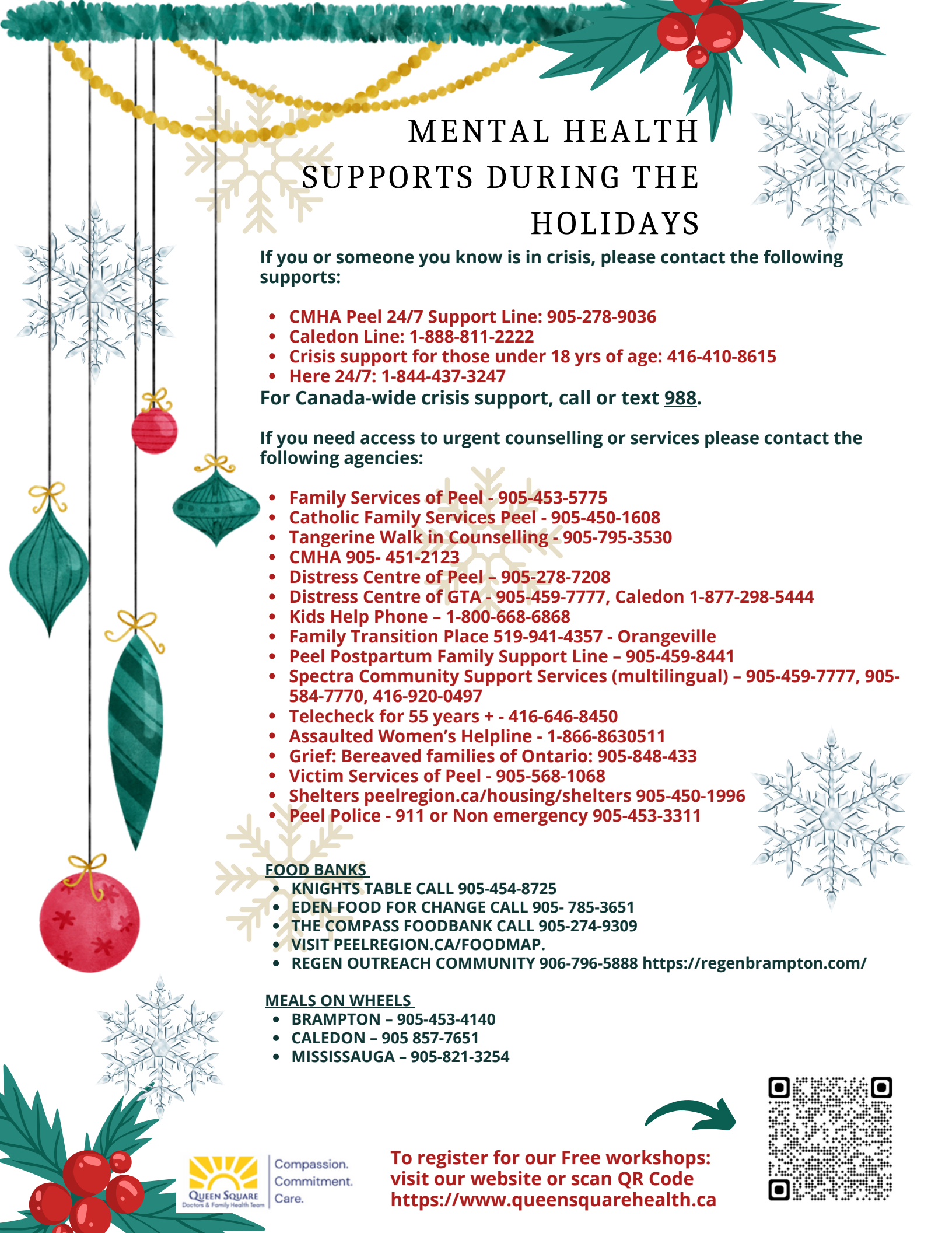
Come join our Free Workshop: Grieving During the Holidays

For many people, this time of year can be difficult, especially if you or someone you care about are struggling with the loss of a loved one. If you're feeling grief this holiday season, know that you're not alone.

When: Dec 2 @ 2pm

**Where: Brampton Library - South Fletcher's Branch
499 Main St S, Brampton**





MENTAL HEALTH SUPPORTS DURING THE HOLIDAYS

If you or someone you know is in crisis, please contact the following supports:

- CMHA Peel 24/7 Support Line: 905-278-9036
- Caledon Line: 1-888-811-2222
- Crisis support for those under 18 yrs of age: 416-410-8615
- Here 24/7: 1-844-437-3247

For Canada-wide crisis support, call or text **988**.

If you need access to urgent counselling or services please contact the following agencies:

- Family Services of Peel - 905-453-5775
- Catholic Family Services Peel - 905-450-1608
- Tangerine Walk in Counselling - 905-795-3530
- CMHA 905- 451-2123
- Distress Centre of Peel - 905-278-7208
- Distress Centre of GTA - 905-459-7777, Caledon 1-877-298-5444
- Kids Help Phone - 1-800-668-6868
- Family Transition Place 519-941-4357 - Orangeville
- Peel Postpartum Family Support Line - 905-459-8441
- Spectra Community Support Services (multilingual) - 905-459-7777, 905-584-7770, 416-920-0497
- Telecheck for 55 years + - 416-646-8450
- Assaulted Women's Helpline - 1-866-8630511
- Grief: Bereaved families of Ontario: 905-848-433
- Victim Services of Peel - 905-568-1068
- Shelters peelregion.ca/housing/shelters 905-450-1996
- Peel Police - 911 or Non emergency 905-453-3311

FOOD BANKS

- KNIGHTS TABLE CALL 905-454-8725
- EDEN FOOD FOR CHANGE CALL 905- 785-3651
- THE COMPASS FOODBANK CALL 905-274-9309
- VISIT PEELREGION.CA/FOODMAP.
- REGEN OUTREACH COMMUNITY 906-796-5888 <https://regenbrampton.com/>

MEALS ON WHEELS

- BRAMPTON - 905-453-4140
- CALEDON - 905 857-7651
- MISSISSAUGA - 905-821-3254



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visit our website or scan QR Code
<https://www.queenssquarehealth.ca>

