



Holidays can be hard.  
Don't be afraid to reach  
out for help.

## Peace River & Area Resources

### **Mental Health Help Line**

Provides crisis intervention, information about mental health programs and services and referrals to other agencies if needed.

24/7, **Call:** 877-303-2642

### **Walk-in Counselling Services**

Peace River Mental Health  
10015 98 Street, Peace River  
Thursdays, 8 am – 4:30 pm  
No appointment needed

Walk-In arrival hours: 8:00 am -10:45 am  
1:00 pm – 3:00 pm

Please call 780-624-6151 for more  
information

### **Holiday Closures:**

December 25 –CLOSED

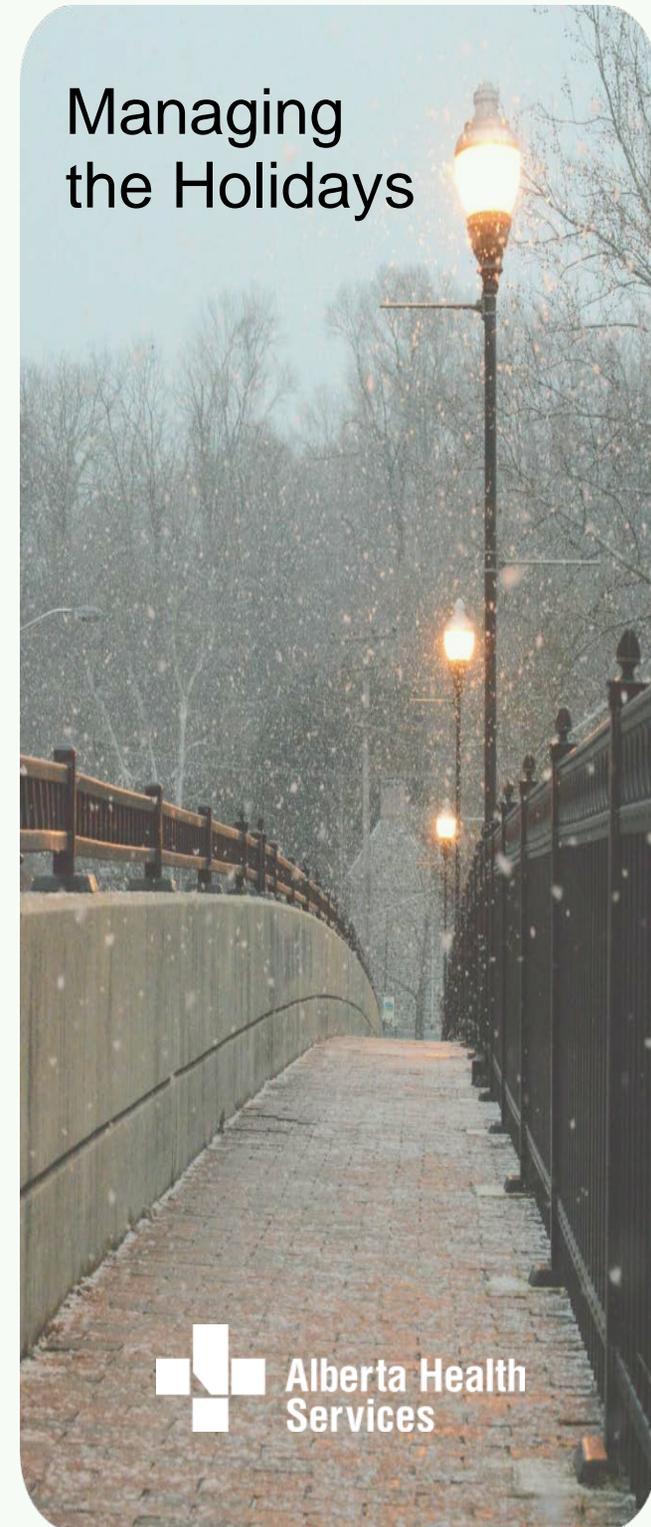
December 26 – CLOSED

January 1 – CLOSED

For immediate Mental Health Services  
on these days, please access the  
Emergency Department at Peace River  
Community Health Center.



## Managing the Holidays





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Each day of our lives is filled with routine and tradition: reading the paper while drinking a cup of coffee, feeding the dog, watching the evening news. These simple rituals give our lives structure, familiarity, and comfort.

Special occasions, like holidays, give direction, meaning and connection to others in our lives. Many come to rely on these personal holiday traditions and look forward to them from year to year.

However, during stressful or hard times, special occasions and holiday rituals can look and feel different. Family members and friends may wish to honour the holiday season differently than you. Plan to do what is most meaningful to you.

Stressful times can impact you physically, mentally, emotionally and socially. Be realistic with your expectations, and allow yourself to choose those activities that are most meaningful to you.

## A Few Wellness Tips:

- ❖ Let others know what you want or need from them during the holidays. It's okay to set some personal and family boundaries.
- ❖ Enjoy a warm beverage on a cold day.
- ❖ Remember that it is normal to have less motivation and low energy levels. The challenge is to balance sociability with solitude.
- ❖ Take a walk.
- ❖ Spend time with people whose company you enjoy and bow out if you need to.
- ❖ Call a friend that you have not talked to in a while.
- ❖ Give yourself permission to have some fun during the holidays. This does not mean that you place any less value on the stressful events in your life.
- ❖ Play cards or a board game with friends or family.
- ❖ Listen to holiday music that you like.
- ❖ Be kind to yourself and others.

### Support

Talk to a counsellor or health care provider if your emotions cause problems with relationships, work, or other activities.

It is a strength to seek support.  
Reach out.