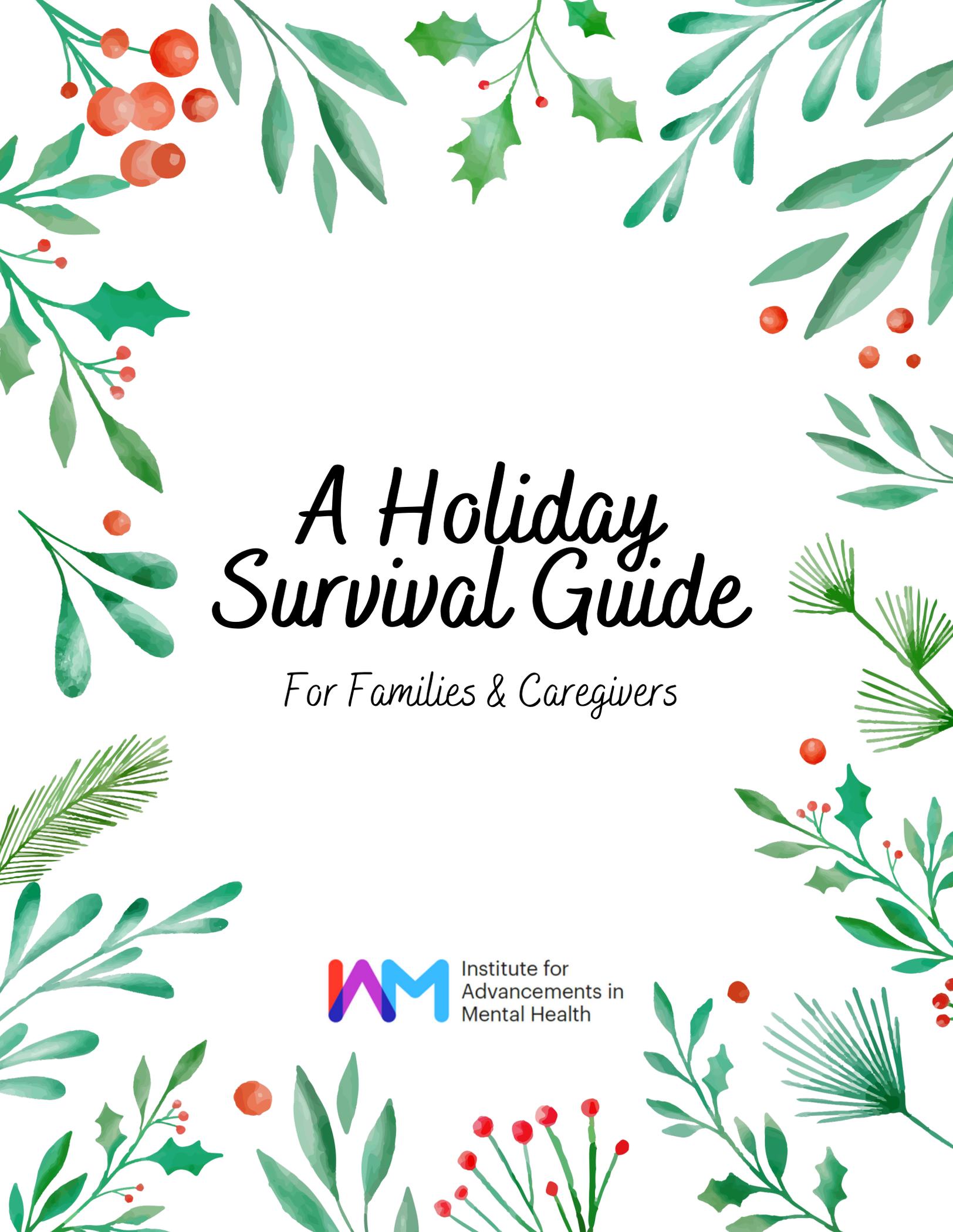


A Holiday Survival Guide

For Families & Caregivers



Institute for
Advancements in
Mental Health



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Holiday Survival Plan

WHAT WILL THE HOLIDAYS LOOK LIKE?

How will the holidays be celebrated? How can I reduce social pressures of gatherings?

HOW CAN I PREPARE MY VISITORS?

Are the visitors alright with the individual? How should they interact with them? Communication tips?

HOW CAN I CREATE A CALM AND SAFE SPACE?

Can I adapt the holiday decor? What are some ways to prepare together? Find one pleasurable activity to focus on.

GET HELP NOW

1-855-449-9949 & SUPPORT@IAMENTALHEALTH.CA



Holiday Survival Plan

ACTION PLAN TO SUPPORT THE INDIVIDUAL

Explore a few ways that you can support the individual living with chronic complex mental illness during the Holidays

What will be some triggers or early warning signs that my family member needs support from me?

What are some steps you can take to help your family member?

What resources are available to support your family member? What are some helpful contact?

What coping strategies and/or tools work best for your family member?

Dos and Don'ts in the event of a crisis:

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Holiday Self-Care Plan

According to Reading (2021), she states that "self-care is health care" (pg. 20). This means that self-care aims to nourish all aspects of your being in order to further nurture your growth and development for your future self (Reading, 2021). For instance, self-care seeks to heal your emotional, mental and physical health.

In reality, self-care takes on a number of different shapes and forms because different things appeal to different individuals. The beauty about self-care is that when we develop this ability to take care of ourselves, it can allow us to transform the way we experience and respond to life. Engaging in self-care can help us to reframe and interpret events more constructively, reduce stress levels, improve our ability to cope, and build on our resiliency and capacity to thrive. **Explore a few self-care acts in the following areas (Reading, 2021):**

PHYSICAL

EMOTIONAL

SOCIAL

SPIRITUAL

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Resources & Supports

- **Institute for Advancements in Mental Health (IAM)**
IAM offers a crisis support line, counselling services, as well as educational workshops and webinars. If interested in learning more, visit <https://iamentalhealth.ca> or call 1-855-449-9949.
- **Canadian Mental Health Association (CMHA)**
Please check what support services are available in your region. The support services vary from region to region. To check, visit <https://cmha.ca/> for further information.
- **Hope + Me - Mood Disorder Association of Ontario (MDAO)**
MDAO offers a number of support services that can include counselling and support groups that are free of charge. If interested, visit <https://mooddisorders.ca/> or call 1-888-486-8236.
- **Ontario Caregiver Organization (OCO)**
OCO offers referrals and information regarding various support services near your area of living and has a number of support groups, webinars and counsellors that are available as well. If interested, visit <https://ontariocaregivers.ca> or call 1-833-416-2273
- **Family Support Toronto (FST)**
FST offers counselling, support groups and workshops catered to the needs of family members and caregivers. If interested, visit <https://familyservicetoronto.org/> or call 416-595-9618.
- **Reconnect Health Services**
Reconnect offers counselling services and support groups. If interested, visit <https://www.reconnect.on.ca> or call 416-248-2050.
- **If you are in a crisis, call 9-1-1 and ask for a Mobile Crisis Intervention Team to be sent to your area. If this service is unavailable, it would be highly encouraged to go to your nearest emergency room for support.**

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References

- Brabban, A. & Turkington, D. (2002) *The Search for Meaning: Detecting Congruence between Life Events, Underlying Schema and Psychotic Symptoms*. In A.P. Morrison (Ed) *A Casebook of Cognitive Therapy for Psychosis* (Chapter 5, pg. 59-75). New York: Brunner-Routledge
- Reading, S. (2021). *Self-Care for Tough Times: How to Heal in Times of Anxiety, Loss, & Change*. Octopus Publishing Group Ltd.
- Wright, N. P., Turkington, D., Kelly, O. P., Davies, D., Jacobs, A. M., & Hopton, J. (2008). *Treating Psychosis: A Clinician's Guide to Integrating Acceptance & Commitment Therapy, Compassion-Focused Therapy & Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition*. New Harbinger Publications Inc.

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