

HOLIDAY SAFETY

The Holidays are a wonderful time of year but in addition to the celebratory atmosphere, safety cannot be put on the shelf like an elf. Health and safety always needs to be a consideration throughout the year and during the Holidays, including mental health!

MENTAL HEALTH FOCUS: HOLIDAY STRESS & DEPRESSION

The Christmas/Holiday Season is supposed to be filled with joy and happiness. However, it can also be an extremely stressful time of year and often depressing depending on one's circumstances.

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of this handout from the [Canadian Psychological Association on Holiday Stress](#). Give each staff member 5 minutes to read. After everyone is done, use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

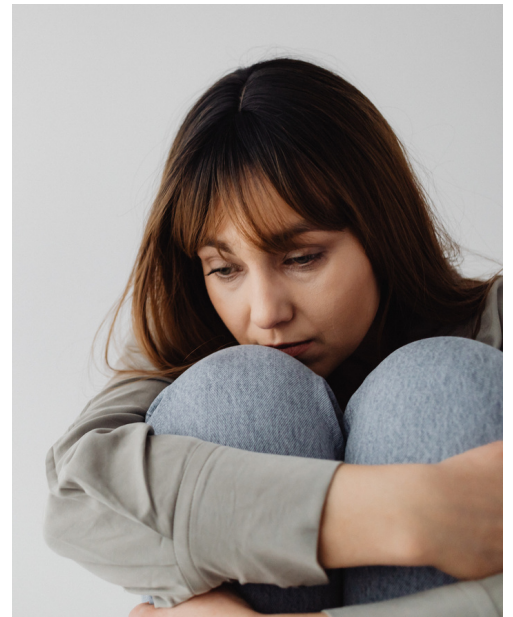
- What are some of the typical stressors during the Holiday season?
- What are some signs of mental health issues to watch for?
- What are some good coping mechanisms
- Any ideas for simple inexpensive gifts?

Notes to the Facilitator:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experience or opinion without fear of reprisal.
- Focus on EFAP and mental health reporting as additional resources.

Alternative Activity:

Use this [short fact sheet](#) from the Alberta Psychologists Association



Why do we have added stress during the holidays?



Follow the CCSA and check our other resources.

