

## WHAT SUPPORTS ARE AVAILABLE?

### Thompson Specific Resources:

- Community Mental Health, NHR 204-677-5350
- Mobile Crisis Services (youth) 204-778-1472
- Thompson General Hospital 204-677-2381
- Thompson Crisis Center 204-778-7273
- RCMP 204-677-6911
- Ambulance and Fire 204-677-7911

### Mood Disorders Association of MB

- Provincial—1-800-263-1460
  - Postpartum Warm Line - 204-391-5983
- Can call or use Text option here!

### Canadian Mental Health Association:

- Local (Thompson) Self Help— 204-677-6056

### Anxiety Disorders Association of MB:

- Provincial—1-800-805-8885

### MB Schizophrenia Society

- Local (Thompson)—204-677-6056
- Provincial—1-800-263-5545

### Addictions Supports:

- Addictions Foundation of MB 204-677-7300

### MB Farm, Rural & Northern Support Services

Call: 1-866-367-3276 or Chat online: ruralsupport.ca

### Crisis Support Lines: (24/7)

- Klinik 24 hour Crisis Line 1-888-322-3019
- MB Suicide Prevention and Support 1-877-435-7170
- National Suicide Prevention & Support:  
Text: 45645 or Call 1-833-456-4566 (toll free)  
or chat: crisisservicescanada.ca
- Kids Help Phone 1-800-668-6868
- Sexual Assault Crisis Line 1-888-292-7565
- Seniors Abuse Support Line 1-888-896-7183
- Deaf Access Counselling TTY: 204 -784-4097

## YOUR GIFT TO YOURSELF



Be kind to yourself!

Make sure that you look after yourself with appropriate exercise, relaxation, sleep and a healthy diet on the days leading up to and after the holidays.

When we are feeling fit and energetic, we are able to cope much more easily with the ups and downs of life.

However, if we are already feeling tired and stressed, even little things can overwhelm us and create physical and mental health symptoms.



*Have a Wonderful  
Holiday Season!*



**NORTHERN  
HEALTH REGION**



The holidays can be overwhelming.

Trying to meet the expectations of family and friends, keeping up with traditions, all the shopping, cooking and spending can take its toll.

And what if you are alone this year? Or what if you are not able to do the things that you would like to?

All these things can depress your mood, create anxiety and give you a sense of feeling unwell.

This year, give yourself the gift of being kind to yourself.

You can make choices that promote positive mental and physical well being!





## HAVE A STRESS FREE HOLIDAY SEASON!



### Stress Reducing Tips:

#### 1. Stay healthy:

Overeating, late nights & bad habits occur more frequently during the holidays. Make an effort to stay healthy. Keep to your routine as much as possible, get enough sleep and limit unhealthy food and drink.

#### 2. Give yourself a break:

Indulge in activities that you enjoy and that help you to de-stress. Do you like to listen to music? Read? Journal? Draw? Take a walk? Exercise? Make it a priority to fit something you enjoy into your day!

#### 3. Think positive:

Instead of thinking about all that is bad or that could go wrong, think about all that could go well.

Challenge your worries and mentally rehearse how you would prepare yourself for setbacks. This prep will help you be more at ease and give you the confidence to handle this busy, hectic season.

#### 4. Be realistic:

Have realistic expectations, not perfection. We all like to envision the ideal holiday—but holding ourselves to perfection can create undue stress. Be motivated to do well and enjoy when things are what you expected, but don't let your expectations set you up for failure.

#### 5. Set a budget:

Overspending can create problems in the long term. Plan your spending, know your limits and stick to them.

#### 6. Don't be afraid to ask for/accept help:

You do not need to do everything yourself. Do not be afraid to ask for help or divide chores and tasks between your family and friends. Assign someone to wrap, bake, shop, clean or help out in some way.

#### 7. Take your medication as directed:

It's never a good time to play around with your medication. This can lead to a decline in health or create undue crisis. Plan ahead for refills and be aware of pharmacy hours during the holidays.

#### 8. Get some exercise:

Exercise helps elevate your mood. Also, getting out in the fresh air and daylight will help you sleep better at night.

#### 9. Be okay with how you feel:

if you have lost someone special or you can't be with you loved ones, remember that this will be difficult, and know that it is okay to think of them and wish that they were with you.

#### 10. Seek support:

If you feel isolated or down, seek out support. This may be a family member or friend.

You may choose to access formal support agencies (some of which are listed on the back of this brochure). You don't have to go it alone.

