

Putting Mental Health First This Holiday Season

The holidays can be a mixed bag. For some, it's connection and celebration. For others, it brings stress, long to-do lists, tight budgets, and tough emotions. As we move through the season and toward a new year, it's important to be gentle with yourself and give your mental health the attention it deserves.

Slow Down When You Need To

It's okay to take a step back. The pressure to do everything, be everywhere, and keep everyone happy can be overwhelming. Take breaks when you need them, say no when you have to, and remember that rest is just as important as productivity.

Stay Connected

Even a quick call, a coffee with a friend, or a short walk with someone you trust can make a big difference. If the holidays feel lonely, reaching out can help break that isolation. You're not bothering anyone — you're connecting.

Keep It Simple

Not everything needs to be perfect. Lowering expectations, simplifying plans, and focusing on what matters can reduce a lot of stress. Your mental health is more important than any perfectly wrapped gift or packed schedule.

Take Care of Your Body to Support Your Mind

Movement, even light activity, can help shift your mood and clear your head. Eating regularly, staying hydrated, and getting as much rest as you can, will also help you cope with seasonal stress and fatigue.

Give Yourself Grace

No two holiday seasons are the same. If you're grieving, burnt out, or just trying to get through the day, that's okay. You're allowed to feel however you feel. There's no one "right" way to experience this time of year.

You Don't Have to Carry It Alone

If things feel too heavy, please reach out. Whether it's a friend, family member, coworker, or workplace support resource, help is there. Asking for support isn't weakness — it's looking after yourself.

Additional Supports

The Blue Cross Employee Assistance Program (EAP) provides assistance 24 hours a day, 7 days a week. To access immediate support or to discuss/book counselling sessions, connect with a counsellor online or by phone at **1-800-590-5553**. Efficiency Manitoba covers 12 EAP sessions per year.

CUPE 998 encourages all members to prioritize their mental wellness through the holiday season. Taking care of your mind isn't selfish — it's necessary. When you're supported, you're strong. We're always here to support you.

