



November 2025

IMPORTANT DATES

November 4 & 5
CCRT Training

November 12
Recovery University

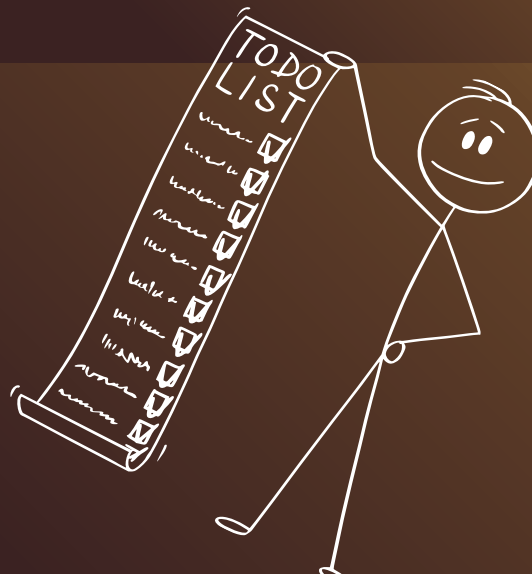
November 13
MHRB BOARD OF
DIRECTORS MEETING

November 11
Office Closed for
Veterans Day

November 22
Healthy Meals for
Healthy Minds

November 27-28
Office Closed for
Thanksgiving

Holiday Season is Coming- Brace Yourself- & Breathe!



Muskingum Area Mental Health & Recovery Services Board

Here we go again. The pumpkins aren't even off the porch yet, and the world is already twinkling with Christmas lights, Mariah Carey has defrosted, and every store smells suspiciously like cinnamon and consumerism. Welcome to November-the month that gently (okay, not so gently) nudges us from cozy sweaters and cider into full-blown holiday chaos. For some, this time of year is magical. For others, it's... a lot. Between juggling family plans, managing expectations, and trying to remember where you hid the Halloween candy, it's easy to lose track of your own well-being.

Here's your reminder: You're allowed to slow down. You're allowed to say no. You're allowed to not have it all together—even if social media suggests everyone else does. Spoiler alert: they absolutely do not. The truth is, the holidays can bring out a whole mix of emotions- joy, stress, nostalgia, and everything in between. Maybe you're missing someone. Maybe you're just tired. Or maybe you're trying to figure out how to cook a turkey and maintain your sanity. (We see you and we don't judge!) Mental health matters year-round, but especially now, when life gets loud and expectations get high. Take time for yourself. Step outside. Laugh with a friend. Leave a few things undone. The world will keep spinning, I promise. And if this season feels heavier than usual, please know you're not alone. Help is always available-call a friend, call or text 988, or check out our website for a list of local providers www.mhrs.org

So as we head into the swirl of November and beyond, let's trade pressure for presence and perfection for peace. Light the candles, pour the cocoa, and remember: the best kind of holiday magic starts with taking care of yourself. After all, you can't pour from an empty mug-and let's be honest, you deserve the first cup anyway.

-Jamie McGrew

988
SUICIDE
& CRISIS
LIFELINE

just BREATHE

