



December 2025

IMPORTANT DATES

December 10
Perry County Criminal
Justice Collaborative

December 11
MHRS BOARD OF
DIRECTORS MEETING

December 16
NAMI Six County
Holiday Party

December 24
Office Closes at noon

December 25
Office Closed for
Christmas

December 31
Office closes at 3pm

Coping During the Holidays: Finding Light in a Complicated Season



The holidays can bring a mix of emotions-joy and tradition for some, heaviness or loneliness for others. Most of us fall somewhere in between, doing our best to navigate the season. The most supportive thing we can do right now is recognize that the holidays look and feel different for everyone. Coping well doesn't mean forcing cheer, it means giving yourself space to feel what you feel and offering yourself some compassion.

If this season feels overwhelming, simplify where you can. Set realistic expectations. Let yourself scale back. Say "no" when you need to. Small grounding moments-a walk, a deep breath, a quick call with a friend- can help more than we realize. Connection matters, too. Check on a neighbor, share a coffee, or remind someone they're not alone. And if you're the one who needs support, reaching out is a sign of strength. For those carrying grief, be gentle with yourself. Holidays can make those emotions more present. Honor them and allow others to support you if it helps. This December, may we choose connection over perfection and compassion over pressure. And may each of us find at least one moment of peace. If you need support, the 988 Suicide & Crisis Lifeline is available 24/7.

Wishing you steadiness and hope this season.

-Jamie McGrew

988
SUICIDE
& CRISIS
LIFELINE

