




Mental Health Connect 2025 Resource Guide

Holiday Wellness Toolkit



This resource guide provides ideas for individuals and families who are in need of carefully navigating their mental health and wellness during the holiday season. We encourage you to share this information with those who can benefit from it.



Guide Contents:

Ways to Use the Guide with Your Faith Communities
Help for Holiday Stress
Mental & Physical Health Strategies
Grief & Loneliness at the Holidays
Local Holiday Arts & Music Events
Holiday Crafts to Relieve Stress
Gifts and Giving Ideas



Links to web-based articles may include advertisements and ancillary information. MHC makes no representation or endorsement of such material.

Suggestions for Using the Guide:

- Pick 2-3 topics to share with your faith community.
- Import articles/pdfs/excerpts into holiday newsletters.
- Post a series of mental health tips in your communications throughout the holiday weeks.
- Share specific resources with those in need of support.
- Present this resource guide to faith community staff or suggest specific topics to leaders.
- Email hannah@mhconnect.org with events that your faith community is hosting that are open to others in the MHC Collaborative.
- Note: We welcome your comments and additions to the ongoing development of this guide!



Resources for Holiday Help

Are finances tight? Are you struggling to make ends meet or don't know how you will provide holiday meals and gifts this year?

- Our [Mental Health Connect Navigation Line](#) can help you connect to resources in your area. Call or text 612.642.1220, or email navigator@mhconnect.org.
- [Toys for Tots - Request a Toy](#)
- Second Harvest's [Interactive Map of Area Food Shelves](#)



Mental Wellness Strategies:

- [Coping with Stress, Depression & the Holidays](#) from Mayo Clinic
- [10 Tools for Resiliency](#): These proven tools can help you feel stronger and more hopeful during the holiday weeks.
- [Anniversaries of Difficult Events](#): Learn how anniversaries of disasters and other activating events may stir up “old” symptoms of distress.



Help for Holiday Stress:

- [Mental Health America of Wisconsin - Not So Merry?](#) Holiday Depression and Stress (mhawisconsin.org)
- [Holiday Blues - Put Your Mental Health First This Holiday Season](#) from University of Utah Health
- [Holiday Toolkit Twelve Days of Tip Sheets](#) - These tip sheets contain practical strategies that can be distributed via email throughout the holiday season. (They’re written for employees but are useful for a broader audience.)
- [Managing Stress For Holiday Family Get-Togethers](#): Practical tips, including how to prepare a “self-care” plan and practice answers to charged conversations or difficult scenarios
- Mindfulness and Meditation:
 - [Mindfulness During the Holidays](#) (Video)
 - [Guided Meditation for Holiday Stress Relief](#) (Video)
 - [What Holistic Therapies & Practices Help with Anxiety & Depression](#)



Supporting Mental & Physical Health:

- [Caring for Yourself during the Holiday](#): 9 Self-Care Tips
- [Mental Well-Being Bookmark PDF](#): Small steps you can print out and keep close at hand
- [Holiday Resilience Guide](#): Everything from fostering cultural inclusivity to creating supportive spaces, navigating tricky conversations, and more!
- [MHFA Mental Well-Being Holiday Toolkit PDF](#): Addresses the eight dimensions of wellness holiday-style



Grief & Loneliness during the Holidays:

- [Understanding "the Holiday Blues"](#): Giving yourself grace when the holiday season feels difficult
- [8 Things to Do If You're Alone for the Holidays](#)
- [Grief & The Holidays](#) - Tips from Grief.com



Holiday Community Arts & Music Events:

- [A Christmas Carol at the Guthrie](#)
- [St. Olaf Christmas Festival](#)
- [Your Classical Carol Countdown](#) from American Public Media & Minnesota Public Radio



Crafts for Stress Relief during the Holidays

- [7 Fun DIY Projects Guaranteed to Relieve Stress](#)
- [Christmas Crafts](http://bhg.com/holidays) (bhg.com/holidays)
- [20 Festive Holiday Activities for Seniors](#) - DailyCaring (all ages)
- [Crafting My Best Life with Lisa](#) - YouTube



Give of Your Time & Resources

Enjoy the fulfillment of helping others this holiday!

- [NAMI-MN Annual Gift Drive](#): Brighten the holidays for kids & adults with mental illness who are in treatment.
- [People Serving People](#) - Donate or volunteer to support parents and children experiencing homelessness.
- [PureWow's Where to Volunteer on Thanksgiving](#)
- [Volunteers Enlisted to Assist People \(VEAP\)](#).
- [Habitat for Humanity](#): Volunteers help build homes, communities, and hope through many roles.

Charity Navigator [rates](#) non-religious charities with a numerical score out of 100 total points.

- [Toys for Tots](#): Find toy drop-off locations or donate money. Children need joy in their lives during the holidays.
- [Second Harvest Heartland](#): Second Harvest Heartland's dollars go further, meaning more individuals and families are fed.
- [Donate to your local food shelf](#)
- [Beacon Interfaith Housing Collaborative](#): A collaborative of congregations supporting affordable housing

