



Belonging, Being, Believing and Benevolence are said to be foundational to our mental health and traditions can provide exactly that. Your traditions can help you reinforce the belonging to a family, community, faith and connect you to something larger than yourself. Take some time during this season to reflect on your own traditions:

- What traditions do you still celebrate in your family and how far back do they go?
- Do you have traditions that are part of your faith?
- Have you brought any traditions from your culture?

## When Traditions Change or End

With time, traditions also change or end. This can be a difficult experience for individuals, families, and communities. Check in with yourself and your family to see how your traditions have changed or ended.

- Has there been a loss of someone significant who held the tradition together? This can be a painful time of change for everyone. Give yourself time to reflect and remember as well as imagine how you want things to change going forward.
- Did someone get married or have a baby or move far away? This can be a time of great joy and happiness, but it also is often a time when traditions go through a change as new families decide where to celebrate holidays and may want to form their own family traditions. This is a normal part of family life and may need patience, respect and creative thinking. As much as traditions provide stability it is also important that they have room to grow and change.
- Have you move to a new area, or immigrated to this country? Bringing your traditions with you to the new life you are building can be a source of great comfort and pride.

## Holidays and Traditions

Holidays can be a time of celebration and joy as well as increased stress. As we approach this new holiday season, consider adding **good mental health care** to your traditions. Try these mental health ideas this year. You never know, it might end up being a new tradition to pass onto the next generation.

- Start a tradition of **not overdoing it**. Holidays tend to invite overspending, over committing and over consuming. This could be a time to start the tradition of savoring, slowing down and simplifying.
- Include time for **reflection** this holiday season. Reflecting is a good mental health habit and can help us appreciate what we accomplished and learned over the year. It can also cultivate gratitude.
- **Make room for change**. Talk to your loved ones to see if your traditions need to be refreshed to accommodate changes, losses, or preferences. It can be challenging to make these adjustments, but it will help to keep your traditions alive going forward. Even Tevye had to learn to change!

## Grief and Loss During the Holidays

Losing a loved one or facing a significant change in life can make the holidays painful. Remember to take care of yourself during this tender time.

- Reach out even when it feels hard to do. You don't have to be the life of the party to gather with your loved ones.
- Consider simplifying the traditions while you are grieving. It is ok to let go of some things or modify.
- If you are feeling unsafe or depressed be sure to contact your health care provider for proper medical and mental health care.

## Traditions

They are the scaffolding of our family, community, and culture.



## CRISIS RESOURCES

**If you feel you or someone you know may harm themselves or someone else:**

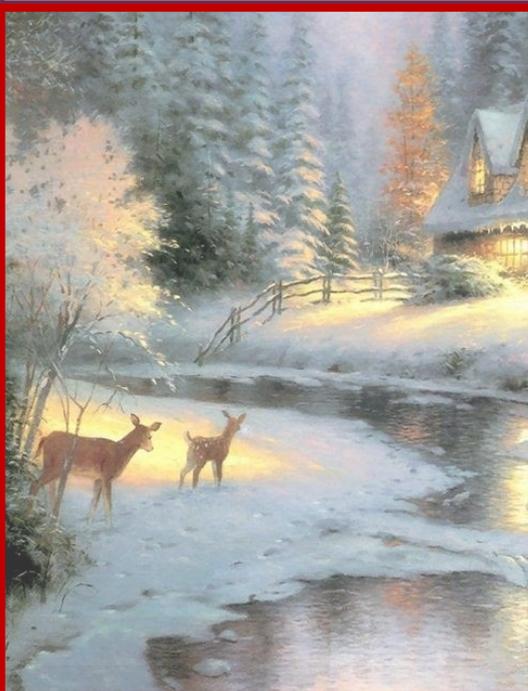
- **988** Suicide and Crisis Lifeline: **988**
- The Trevor Lifeline for LGBTQIA + Youth : **1-866-488-7386**
- Veterans Crisis Line: **Dial 988 and Press 1**
- **Dial 211:** 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

**For more information or to get help:**

- National Domestic Violence Hotline at **1-800-799-SAFE**
- National Sexual Assault Hotline at **1-800-656-HOPE**
- Rape, Abuse & Incest National Network (RAINN)  
24/7 Hotline **1-800-656-4673**

**Website:**

[Atlantichealth.org](http://Atlantichealth.org)



**Atlantic Behavioral Health**

**ACCESS Center:**

**888-247-1400**

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

**Chilton Medical Center: 973 – 831 – 5078**

**Hackettstown Medical Center 908 – 454 – 5141**

**Morristown Medical Center: 973 – 540 – 0100**

**Overlook Medical Center: 908 – 522 – 3586**

**Newton Medical Center: 973 – 383 – 0973**

**Email: [Nomorewhispers@atlantichealth.org](mailto:Nomorewhispers@atlantichealth.org)**



**Atlantic Health System**  
Behavioral Health