

H e l p i n g S o m e o n e w i t h a M e n t a l I l l n e s s N a v i g a t e t h e H o l i d a y s

- **Predictability:** Let them know the plans ahead of time.
- **Helping:** Ask your loved one how you can help.
- **Be Consistent:**
- **Be in the Moment:** Live in the present moment.
- **Be Effective, Not Right:**
- **Safety:** Create a safe place in your home.
- **Let It Be Their Choice:** Be willing to negotiate on plans.
- **Preparations:** Don't force others to be active.
- **Validate:** We all like to be heard and acknowledged.
- **Practice Conversations:**
- **Lower Your Expectations:**
- **Alcohol:** Rethink what you are serving.

