

H e l p 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 the plan be known ahead of time.
- **Help**—offer additional support or ask your loved ones what they might need during the season.
- **Be Consistent**
- **Safety**—create a safe place in your home.
- **Be Present in the Moment**
- **Let It Be Their Choice to Attend**
- **Strive to Be Effective, Not Right**
- **Preparations**—don't force participation.
- **Validate**—thoughts, emotions, experiences, values, and beliefs.
- **Practice Conversations Ahead of Time**
- **Lower Your Expectations**
- **Alcohol**—rethink what you are serving.

