

Getting Through the Holidays

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Has Covid-19 changed how you celebrate holidays?





What part of the holiday season
feels the most stressful
and/or
out of your control this year?

When holiday stress hits you all at once.



Lower your holiday stress level. Find helpful tips
at www.landmarkhealth.org.

Covid-19 related factors contributing to increased stress this holiday season

Social Isolation

Grief and Loss

Can't celebrate traditionally

Family Dynamics

Financial Pressure

Unclear future

Confusing info about safety



Do opinions differ in your family
this year on how
to celebrate the holidays?



<https://answers.childrenshospital.org/holidays-during-covid-19/>

What new traditions did you and your family create during Covid-19?



<https://www.adventhealth.com/blog/creating-new-holiday-traditions-season-giving>



What is your favorite way to distress during holidays?



Coping Skills for Holidays

Acknowledge
Stress

Ask for help
from friends
and family

Eat healthy,
limit alcohol
and sugar

Prioritize
sleep

Stay physically
active

Limit time on
social media

Create To-Do list
Prioritize
Delegate

Take time for
yourself

Practice
Mindfulness

Pet therapy

Music, art,
reading, puzzles,
games, journaling

Leaves on a Stream

https://www.youtube.com/watch?v=exLaebgFO_8



Ways to thrive during holidays

Communicate with family/friends about changing preferences on how to celebrate

Modify existing holiday traditions and/or start the new ones

Have discussions about challenges grief brings and establish ways to honor & remember

Make decisions, set boundaries, say NO

Get some fresh air and sunlight

Go easy on yourself

Practice gratitude

How do you know if you need more help?

Changing
sleep
patterns

↑ Appetite ↓

↑
Substance
use/abuse

↓
Interest in
activities
enjoyed
before

Persistent
negative
thoughts

↑ Mood ↓
Irritability

Family &
friends
notice
changes

Feeling
detached
from
others

How do you know if you need more help?

Self-help tools are
not working

Feeling hopeless
and helpless

Not being able to
stop or control
worrying

Suicidal thoughts

Neglecting
Self-care

Inability to focus
and get things done

Compromised mental health produces	Consequences for physical health
<input type="checkbox"/> Loss of focus on healthy lifestyle	<input type="checkbox"/> Worsening of existing condition
<input type="checkbox"/> Neglecting self-care	<input type="checkbox"/> Development of new symptoms/condition
<input type="checkbox"/> Missing doctor’s appointments, screenings and taking medications	<input type="checkbox"/> More advanced stage of condition when newly diagnosis
<input type="checkbox"/> Avoiding asking for help, going to urgent care when you need it.	<input type="checkbox"/> Poor outcome of treatment and/or prognosis

Support Resources

Family support/
Peer support

EAP and
Insurance
benefits

GW
Resources

Clinical Care

National
Resources

Emergency
Call 911

Tree Meditation

<https://www.youtube.com/watch?v=C9bZkCNnppM>



Resiliency & Well-being Center: <https://rwc.smhs.gwu.edu/>

Leadership

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Coming Soon!

- Physician Assistant
- Phases of expanded services