

# SUNDAY MORNING

## Health Corner

### Mental Health and the Holidays: Prioritizing Emotional Wellness

**The holiday season** is a time for joy and togetherness, but for many, it can also bring stress, grief, and feelings of loneliness. This is especially true in **African American communities**, where we often carry the weight of cultural, family, and societal expectations during this time of year.

#### Coping with Grief and Depression

It's okay to acknowledge these feelings and seek support.

1. **Honor your emotions**
2. **Seek connection**
3. **Practice gratitude**

Take a moment to assess your emotional wellness. Are you feeling overwhelmed, lonely, or grieving? Don't face it alone. Reach out to a trusted friend, family member, or faith leader, and make a plan to prioritize your mental health.

Remember: **The holidays are not about perfection**—they are about connection.

By caring for your emotional **well-being**, you can create a season that brings peace, love, and renewal to yourself and those around you.



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