



# Hillsdale Business Resource Network

Monthly Newsletter - December 2019



My name is Melissa Houser and I'm your Success Coach! I'm employed by The State of Michigan at the Department of Health and Human Services (MDHHS) who partnered with Michigan Works! to help employees like you overcome barriers that may be affecting your job. I have worked for the State of Michigan for over 10 years as an Eligibility Specialist.

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## Stress, depression and the holidays: Tips for coping

**Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.**

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

### Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.



Visit <https://www.mwse.org/hillsdale-brn/> to learn more!

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4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts, or start a family gift exchange.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks, get plenty of sleep, or Incorporate regular physical activity into each day.
9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Some options may include: Taking a walk at night and stargazing, listening to soothing music, getting a massage, or Reading a book.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

## Feeling the Holiday stress and would like to speak with someone:

### [National Suicide Prevention Lifeline](#)

Provides help to those in suicidal crisis or emotional distress.

Call 1-800-273-8255

Available 24 hours everyday

Veterans Crisis Hotline

1-800-273-8255

Also ask your employer about your Employee Assistance Program available.



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17

Employees Served in  
November

5

Services Provided  
in November

## Participating Employers

- ❖ Fairway Products Wednesdays  
9:30 am to 4:00 PM
- ❖ Techniplas Bi-weekly Thursday  
7:00 am-11:00 am and 12:00  
pm – 4:00 pm

## Receive, Volunteer or Donate in the Community

### The Salvation Army Family Store and Donation Center of Hillsdale

Volunteers are needed at our Salvation Army Family Store & Donation Center. Volunteers have many ways they can help, including greeting customers, helping carry in donations, sorting goods, cleaning items, hanging/displaying items, stocking shelves, pricing, assisting with refuse disposal, sweeping, mopping, dusting, window washing, and snow shoveling. The times volunteers are needed are Monday-Saturday 10:00 am to 7:00 pm The store is currently located in the shopping plaza where Dollar General and Premier Movie Theater, at 2940 W Carleton Road, Hillsdale. Their direct phone number is 517-439-1202, and you will need to speak to the store manager about volunteering.

Call 517-447-4240 ext 201 to speak to Kathy Stump for more information.

### Adopt a Family Program:

Volunteers of America Michigan's Adopt A Family program helps children, seniors and veterans by providing food, toys, clothing and something else equally essential: Hope!

You can apply for assistance, become a sponsor or donate at this Website:

<https://aaf.voami.org/>

### Share the warmth of Hillsdale County:

This program is a volunteer based, community funded program which is meant to serve the unmet need during extreme winter weather.

To donate please contact Director: Penny Myers 517-439-5053 or [peenmyers@comcast.net](mailto:peenmyers@comcast.net)



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