

# \* \* YOU'RE NOT ALONE \* \* CONFRONTING COVID-19 AND THE HOLIDAYS

**1 IN 3**  
MISSOURIANS EXPERIENCED ANXIETY & DEPRESSION SYMPTOMS LEADING INTO THE 2021 HOLIDAY SEASON



MENTAL HEALTH CHALLENGES CONTINUE IN 2021 FOR A SECOND YEAR

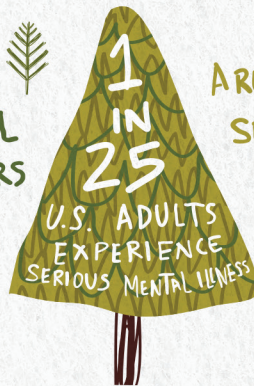
**34%** SAY THEIR MENTAL HEALTH IS EXCELLENT, DOWN FROM 43% IN 2019

THE WINTER MONTHS CONTRIBUTE TO THIS PROBLEM AS AMERICANS EXPERIENCE SEASONAL AFFECTIVE DISORDER IN NORMAL YEARS

AROUND **10 MILLION** AMERICANS EXPERIENCE SEVERE SYMPTOMS THAT INHIBIT THEIR ABILITY TO FUNCTION DAY TO DAY



**1 IN 5**  
ADULTS EXPERIENCE MENTAL ILLNESS



**17%** OF YOUTH (6-17 YEARS) EXPERIENCE A MENTAL HEALTH DISORDER

THE HOLIDAYS CAN BE STRESSFUL. ISOLATION AND LONELINESS ADDED BY THE COVID-19 PANDEMIC CAN MAKE IT WORSE. MISSOURIANS CAN REDUCE THE EFFECT ON THEIR MENTAL HEALTH THROUGHOUT THE HOLIDAY SEASON BY ADOPTING SOME OF THE STRATEGIES HERE:

## COMMON SOCIAL DISTANCING CONCERNS

- FEELING CUT OFF FROM THE WORLD AND LOVED ONES
- ANGRY BECAUSE OF OTHERS' LACK OF SAFETY OR NEGLIGENCE
- BOREDOM AND FRUSTRATION FROM NOT BEING ABLE TO ENGAGE IN DAY-TO-DAY ACTIVITIES
- USING ALCOHOL OR DRUGS TO COPE
- FEELINGS OF HOPELESSNESS, CHANGES IN APPETITE, OR SLEEPING TOO LITTLE OR TOO MUCH

## STRATEGIES TO MANAGE HOLIDAY STRESS

- BE REALISTIC IN YOUR HOPE FOR THE HOLIDAYS AND FOR THE FUTURE
- USE TECHNOLOGY TO CONNECT WITH INDIVIDUALS YOU CANNOT VISIT WITH IN PERSON
- EAT HEALTHY, EXERCISE AND GET PLENTY OF SLEEP
- TALK TO OTHERS - SHARE YOUR PROBLEMS AND HOW YOU ARE FEELING AND COPING
- AVOID DRUGS AND ALCOHOL
- TAKE A BREAK - AVOID LISTENING TO OR WATCHING THE NEWS