

## Note From the CEO

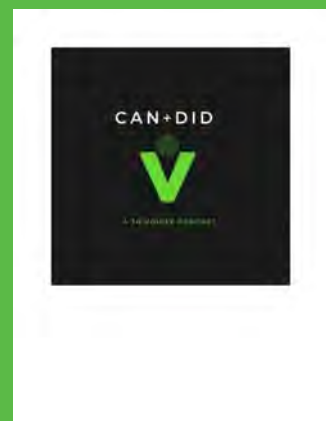


On behalf of everyone at TN Voices, I want to say thank you to the sponsors and attendees of this year's Green Ribbon Gala. You all helped make it a wonderful and successful night.

As we approach the holiday season, I want to offer some comfort to those of us who are perhaps experiencing new stressors and struggles. For some, it's the pressure of hosting, buying gifts, making special memories, and managing calendars due to lots of events and expectations. For others, this is a lonelier time or even a time that reminds us of the brokenness in our families, among our friends, and even in our inability to accomplish our own expectations. While the holidays are fun and filled with good, they are also layered with unanticipated situations, stress, and disappointments. So, TN Voices would like to give some thoughts on flourishing this season. We've included a few ideas of activities to do with your kids, how to prioritize your own mental well-being and how to deal with loss during the holidays.

## CAN + DID Podcast

CAN+DID is a podcast about mental health, featuring stories of people who have overcome mental health challenges, as well as those who have helped others overcome mental health challenges. This podcast is about authenticity and is intended to give a voice to those who are passionate about mental well-being. We hope that by sharing stories, listeners will understand mental health, and how important it is and help us reduce stigma.



[Listen Here!](#)

## Join Our Team



# TN VOICES

**Support Services From  
Firsthand Experiences**

Have you thought of a career in Mental Health? Check out [TN Voices](#).

## Schools and Communities

Youth Screen is a free mental health checkup for youth ages 11-19 years. The primary goal is to identify youth with mental health risk - before it causes disruption in their home and school life. If a school or community partner, please visit <http://www.tnvoices.org> to schedule a screening.

TN Voices also offers Youth Mental Health First Aid for school staff or adults in the community, Question, Persuade, Refer (QPR) and COPING and Support Training (CAST) in schools and the community to teachers and parents.



## Resources

### What to Do During the Holidays with Your Kids

With the holidays usually comes fun community events that are family friendly. Some ideas are visiting a



pumpkin patch, driving to light shows, visiting The Opryland Hotel where you can see many holiday decorations and participate in fun activities like “Ice”, or seeing the lights at Cheekwood. You could attend a concert, build a gingerbread house, or be creative and do a family scavenger hunt in your backyard.

[Click Here to Continue Reading](#)

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## Parent's Holiday Too!

Parents also need things to do during the holidays to promote self-care while kids are out of school. Exercising like walking, running, or doing yoga can be helpful. Spending time with friends can be fun, but also having alone time to focus on yourself and things you enjoy doing can aid in relieving stress. Finding a hobby like reading or writing or making things can help distract one’s mind from the busyness of the holiday season.



[Click here to continue reading](#)



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## Coping with Grief During the Season

Those who have experienced grief and loss tend to have a difficult time during this time of the year when those who have passed can no longer be with them during family events. If you or someone you know is experiencing this, it is OK to ask questions and normalize talking about loss. Be available for support, be honest about your feelings, and give comfort when needed. It can be helpful to reflect on memories and expect a wide range of emotions. Grief can get better over time.

[Dealing with Loss](#)

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## Seasonal Depression

This time of the year can be especially hard on those who have experience Seasonal Affective Disorder (SAD). SAD mirrors depressive symptoms during certain times of the year and can worsen during the holiday season. Tips to help with the stress caused from SAD include: avoid isolating yourself, talk to someone you love and trust when needed, and spend as much time around others as you can. Be sure to exercise and eat healthy.

[View more mental health fact sheets here!](#)

## Online Library Resources

### A Little Spot of Feelings



Find: A Little Spot of Feelings by Diane Alber using TNV's Online Library

[View more resources in our online library here!](#)

## My Health Coach App



# FREE MENTAL HEALTH & WELLNESS APP

Looking for help with your Mental Health?



**Scan a QR code below to download the app for a free assessment.**

To begin click "I have a code" button. Enter code: HOLIDAY



App Store



Google Play

## Upcoming Trainings



### Free Classes and Trainings

TN Voices offers numerous classes and trainings each month through Eventbrite, including Common Sense Parenting, Bullying: What Parents Should Know and Do, Family Driven IEP,

and La Crianza Practica de los Hijos.

Each of these trainings is designed uniquely to be an informative and innovative class for parents and caregivers to be enriched in a safe and positive environment.

Follow us on Eventbrite:

[TN Voices Eventbrite](#)

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## Counseling Services

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TN Voices offers Counseling services for kids, teens/young adults, adults, and families. Counseling can be extremely helpful for anyone struggling with emotional difficulties, mental health concerns, academic challenges for students, or even just life challenges.

[Make a referral here!](#)



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## Happy Holidays

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Wishing You the Best from TN Voices



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TN Voices | 800-670-9882 | [tvc@tnvoices.org](mailto:tvc@tnvoices.org) | [www.tnvoices.org](http://www.tnvoices.org)