



YPRC

YOUTH
PREVENTION
RESOURCE CENTER



WINTER BREAK SURVIVAL GUIDE

Challenges | Self-Care Tips | Finding Support

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For more information visit prevention.org/yprc

PREVENTION FIRST

WINTER BREAK IS A CHANCE TO REST AND RECHARGE

**BUT EVEN IF YOU'RE LOOKING
FORWARD TO THE TIME OFF, IT CAN
PRESENT ITS OWN SET OF
CHALLENGES**

ISOLATION AND LONELINESS

Not everyone has a supportive or nurturing home environment. For some, being away from the social connections established at school or college can lead to feelings of isolation and loneliness.

FAMILY DYNAMICS

For those experiencing familial conflicts or strained relationships, spending extended time with family during the break can be stressful or emotionally difficult.

ACADEMIC PRESSURE

Some students might feel overwhelmed by the academic expectations looming over the break, whether it's preparing for upcoming exams or dealing with unresolved school-related stress.

FINANCIAL WORRIES

Not all families can afford extravagant holiday experiences or activities, causing financial stress or feelings of exclusion during a time when materialism and social comparisons are prevalent.

MENTAL HEALTH CHALLENGES

Individuals dealing with mental health issues may find the break disruptive to their routine or struggle with increased anxiety or depression due to changes in structure or support networks.

LOSS OR GRIEF

For those who have experienced loss or are coping with grief, the holiday season might magnify feelings of sadness or absence.

TIPS FOR TAKING CARE OF YOURSELF



ESTABLISH A ROUTINE

Even without classes, try to stick to a schedule. This consistency can provide stability and a sense of normalcy during the break.

STAY ACTIVE

Engage in physical activities you enjoy, whether it's winter sports, yoga, or simply taking walks. Exercise is a great mood booster.

STAY CONNECTED

Try to stay socially engaged. Whether virtually or in person, maintain connections with friends and family to combat feelings of loneliness.

SET REALISTIC EXPECTATIONS

Don't pressure yourself to be overly productive. Set achievable goals and celebrate small victories.

EXPLORE HOBBIES

Use the break to explore interests or hobbies you've been meaning to try. Engaging activities can be therapeutic and distracting in a positive way.

BE MINDFUL OF SCREENTIME

Balance leisure screen time with other activities. Too much screen exposure can affect mental health negatively.

SEEK SUPPORT IF NEEDED

If feelings of anxiety, stress, or loneliness persist, don't hesitate to reach out to a counselor, therapist, or support group for assistance.

SELF-CARE IS KEY

Prioritize self-care by getting enough sleep, maintaining a healthy diet, and staying hydrated. Taking care of your physical health greatly impacts mental well-being.

FINDING SUPPORT

WE ALL NEED A LITTLE HELP SOMETIMES

If you are feeling lonely, or overwhelmed, or you don't feel supported at home, there are people who can help. Use the resources below to get the support you need this winter break.



988 SUICIDE AND CRISIS LIFELINE

The 988 Lifeline provides 24/7, free and confidential support for people in distress. Call or text 988 to be connected to a trained crisis counselor

CRISIS TEXT LINE

Crisis Text Line provides free, 24/7 support via text message. They're here for everything: anxiety, depression, suicide, school. Text HOME to 741-741.

THE TREVOR PROJECT

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. Call 1-866-488-7386 or text 'START' to 678-678.