

December 2025 Newsletter

Do Good in December !

Stress Free Holiday and SAD Month



The Holiday Circle of Control

The **"Holiday Circle of Control"** is a powerful therapeutic tool designed to help manage the inevitable stress and anxiety of the festive season. By visualizing two circles—an inner circle for what you can influence and an outer circle for what you cannot—individuals are encouraged to intentionally shift their focus and energy. You can control your own boundaries, reactions, self-care

ACTIVITIES FOR A Stress-Free Holiday

- FAMILY MOVIE NIGHT**
Put on a holiday classic or family movie, grab your favorite blanket, make some popcorn, and enjoy a cozy night in.
- NATURE WALK**
Go on a walk with friends and family! Studies show that nature has been proven to lower stress and boost mood.
- GRATITUDE JAR**
Throughout December, write something you're thankful for, place it in a jar, and read them at the end of the month!
- BAKE TOGETHER**
Research suggests that baking can have therapeutic effects—promoting mindfulness and relaxation.
- SET BOUNDARIES**
Remember, it's okay to say "no." Prioritizing what brings joy and letting go of perfection can help everyone feel more at ease.

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Stress Free Holiday

December is recognized as **National Stress-Free Family Holidays Month**, an observance dedicated to navigating the complexities of the festive season, which, despite being a time for celebration, often brings significant anxiety, financial strain, and social pressure for many individuals and families. This annual focus serves as a crucial reminder to prioritize mental well-being over the pursuit of

routines, and planning efforts. Conversely, you must accept that you cannot control other people's behaviors, family dynamics, or external factors like travel delays. Utilizing this method promotes a calmer, more peaceful holiday experience by prioritizing actionable items over fruitless worries.



Seasonal Affective Disorder (SAD) Awareness Month

Seasonal Affective Disorder (SAD) is fundamentally a subtype of Major Depressive Disorder, with the core difference being the timing: SAD symptoms strictly follow a seasonal pattern, typically beginning in fall or winter and resolving by spring, while general depression can occur at any time of year. Key differentiating symptoms often include oversleeping, fatigue, and carbohydrate cravings associated with SAD, versus the insomnia and appetite loss often seen in non-seasonal depression. Both conditions are serious, but coping with SAD specifically involves maximizing light exposure by spending time outdoors or using light therapy boxes, maintaining a consistent daily schedule to regulate the body's internal clock, engaging in regular exercise, and seeking professional support through psychotherapy or medication if lifestyle changes are insufficient. For immediate help with severe symptoms or suicidal thoughts, call or text the 988 Suicide & Crisis Lifeline.

perfection and unrealistic expectations. The month encourages a mindful approach to the season's demands, advocating for intentional choices that reduce stress rather than contribute to it.

The primary goal is to shift the focus from a frantic, commercialized hustle to genuine connection and peace. It addresses common stressors head-on, such as the pressure to buy the perfect gift, host the perfect dinner, or attend every single gathering. The observance promotes open communication within families about budgeting and gift-giving limitations, encourages managing the emotional toll of family dynamics, and highlights the importance of setting clear boundaries. By recognizing these challenges, families can actively work to minimize conflict and foster a supportive environment. The overall aim is to ensure that when January arrives, people feel refreshed and connected, rather than exhausted, overwhelmed, and burdened by debt.

December Important Contacts

Several organizations provide essential assistance in the Metro Detroit area for those facing financial hardship, food insecurity, and the emotional stress of the holiday season. Key resources include food pantries, toy donation programs, and utility assistance initiatives.

Food and Gift Assistance

- [Forgotten Harvest](#): This organization works with partners like Kroger to provide "Hope for the Holidays" food boxes containing staples for a holiday meal to families in need across Metro Detroit. You can find pantry locations on the [Forgotten Harvest website](#) or by calling 248-967-1500.
- [The Salvation Army of Eastern Michigan](#): Offers comprehensive



Supporting Children's Well-being and Spreading Holiday Cheer 2025

Variety Detroit is a crucial partner, providing grants that enable us to offer our children's sessions to families who are financially unable to cover the cost of therapy. To show our gratitude and commitment, our team annually participates in a "giving back" initiative by adopting multiple families through Variety Detroit. This effort allows us to spread positivity within both the organization and the wider community. This year, our team gathered with Variety representatives to wrap gifts for our adopted families, providing tangible support during the holidays. It is deeply rewarding to offer vital mental health services to children while also bringing a little extra cheer and joy at this special time of year.

Christmas assistance, including toys for children (ages 0-14 or seniors 55+) through their Angel Tree program and grocery store gift cards or food baskets for holiday meals. Eligibility is based on your zip code, and you must apply at the relevant corps community center, which can be found via their [location finder](#).

- [Detroit Goodfellows](#): The Old Newsboys' Goodfellow Fund of Detroit distributes gift boxes to children aged 4-13 living in Detroit, Highland Park, Redford, River Rouge, Hamtramck, Harper Woods, and Ecorse during the holiday season. More information is available on the [Detroit Goodfellows website](#).



Thaar Care Team 2025

Throughout the year, our dedicated team works tirelessly, engaging deeply with the community by holding in-session therapy, proudly representing our cause at various community events, and diligently spreading the word about our mission. This sustained effort allows us to maximize our positive impact on those we serve. As the year draws to a close, we come together for a well-deserved team dinner, a special occasion where we not only celebrate our collective accomplishments but also pause to

express sincere thanks for the incredible opportunity to help others.



Reduce Stigma by normalizing the conversation and equating mental care with physical care.

You can be the difference. If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!



Thaar Care Foundation Inc | 43329 Schoenherr Road | Sterling Heights, MI 48313 US

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