



MSH Bulletin

Volume 24, Issue 46 December 1, 2021

Madison State Hospital

711 Green Road
Madison, IN 47250
812-265-2611

MSH

MISSION:

*Mending the Mind
Supporting the Spirit
Healing with Hope*

VISION:

*Safely deliver
meaningful, quality,
and compassionate,
psychiatric care
to our patients
and their families.*



Madison State Hospital

Theresa Robinson, MA.
Staff Development Director
Director of Marketing



Dealing with Emotional Triggers During the Holidays

Be mindful of those who struggle during the holidays—including yourself.

For many, the “most wonderful time of the year” is less than jolly. While the holidays are associated with food, family, and celebration, this festive atmosphere can hide difficult triggers for people affected by mental illness.

For people struggling with eating disorders or substance abuse, the focus on food and alcoholic drinks during all those holiday parties can be difficult – or even trigger a relapse. For people struggling with depression or who lack social support, the focus on family and community gatherings can reinforce feelings of loneliness. Finally, while family gatherings can provide comfort and joy for many, those dealing with **family trauma and abuse histories, or currently living with domestic violence, may face increased risk.**

Alcohol Abuse

The triggers

With all the emphasis on making merry, alcohol is everywhere during the holidays. While a glass of eggnog can be innocuous for many, the presence of alcohol can be a serious trigger for people struggling with alcohol addiction.

Domestic Violence and Abuse

The triggers

Domestic violence incidents are thought by some experts to **increase around the holidays**. While it’s hard to find a precise measure of when incidents occur, it is true that increased time with abusive partners or family members at home, while traveling, and during other holiday events can create a risky situation for people experiencing domestic violence.

Continued on next page...

Survivors who have left abusive relationships may also experience ***painful reminders*** of past trauma during the holidays, and may even find themselves missing abusive partners due to holiday themes of nostalgia and family. Meanwhile, for survivors of ***childhood domestic violence*** or ***sexual abuse***, the holidays can evoke painful memories, ***especially when survivors encounter abusive family members at family gatherings.***

Depression

The triggers

Everything is supposed to be merry and bright during the holidays – but you’re feeling down. If you have depression, you may find managing it even more challenging.

Even people without depression may find the holidays glum. The pressure to be around family and friends may be triggering to someone who is socially isolated or has recently suffered the loss of a loved one. The social and financial stress of party planning and present buying may have a negative effect on your mood.

Eating Disorders

The triggers

Delicious family recipes, rich entrees, and sweet desserts are a major part of any holiday gathering. Sharing food can be a special way to bond with loved ones and keep traditions alive.

For people struggling with or recovering from eating disorders, however, these foods and the pressure to eat can trigger a relapse. If you find yourself preoccupied with diet and weight, find yourself attempting to skip meals or otherwise disregarding your recovery eating plan, or feel ashamed after eating, you may be at risk.

Merry, Healthy, and Bright

Sometimes, all the hype around the holidays can have the opposite of its intended effect. With so much pressure to make December the most wonderful time of the year, ***people who are hurting – whether that be from a mental illness, traumatic experience, or simply loneliness*** – may find themselves feeling even more isolated. It’s okay to find the holidays difficult. It’s okay to feel that you’re struggling. That doesn’t make you difficult, weird, or a “grinch.”

Remember: at the end of the day, the most important aspect of any holiday season is loving, healthy communities. By taking the steps you need to successfully navigate triggers during the holidays, you’re making that community stronger for yourself and everyone around you.

<https://www.talkspace.com/blog/emotional-triggers-holidays/>

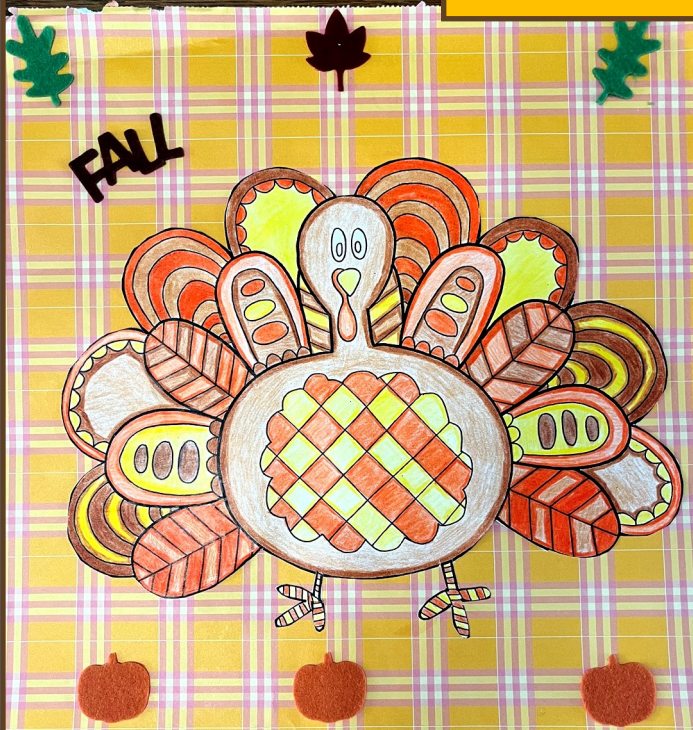
National Helplines

- +1 (800) 273-8255 National Suicide Prevention Lifeline
- +1 (800) 799-7233 National Domestic Violence Hotline
- +1 (800) 996-6228 Family Violence Helpline
- +1 (800) 784-2433 National Hopeline Network
- +1 (800) 366-8288 Self-Harm Hotline
- +1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line
- +1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia
- +1 (800) 422-4453 The Childhelp National Child Abuse Hotline





Thanksgiving Coloring Contest!



The Business Office has chosen the following pictures as the winners of the 2021 Thanksgiving Coloring Contest.

Thank you Melody, Cindy, and Wanda for judging!!

1st Place – AmbJin on Serenity Way (left), and **2nd Place** – MatCot on Journey Way (right)

The winning units received Zebra Cakes and Barrel Juice. Thank you to all of the patients who participated in this activity!! Thanks to Anne Brown, RT, for coordinating this event!