



# The Dreamer's Journal

## DECEMBER 2022



*Happy Holidays*

### Newsletter Highlights

HOLIDAY BLUES

DREAM BIG SPOTLIGHT:  
12 DAYS OF CHRISTMAS

MARK YOUR CALENDARS:  
[DREAM BIG](#) EVENTS  
THIS MONTH

[ANYTHING IS PAWSIBLE](#)

### Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



*Happy Holidays!*



# HOLIDAY BLUES

The holiday season is here! Some might say it is a season full of laughter, bright colors, music, gatherings, and jubilee. While others might find this season as dreadful and difficult. Please take a look at some of the symptoms on the picture to the right and ask yourself if you have been experiencing these things. If you answered yes, you might be wondering, what's going on - am I depressed? I'm here to tell you that it's okay and that you are not alone.



The "Holiday Blues" can be defined as experiencing temporary feelings of anxiety and depression during the holiday season due to the stress, memories, and/or expectations brought on by the season itself. Holiday blues can mimic depression symptoms and can be hard to deal with. The reason for experiencing this can vary (financial, grief related, trauma, etc.) – but the important thing is to remember that it is TEMPORARY. Here are some strategies to beat the blues:

- Attend worship services
- Volunteer and help a local charity
- Attend local events
- Spend time with family and friends
- Exercise
- Try out new hobbies and/or crafting activities
- Read a book
- Watch your favorite movie/TV show
- Seek counseling
- Maintain a healthy routine
- Identify your triggers and respect your boundaries

By: Carolina Morales, LPC



# TRISTEZA NAVIDEÑA

¡La temporada navideña está aquí! Algunos podrían decir que es una temporada llena de risa, colores brillantes, música, reuniones y jubileo. Mientras que otros encuentran esta temporada muy difícil. Eche un vistazo a algunos de los síntomas en la imagen hacia la derecha y pregúntese si ha estado experimentando estas cosas. Si respondió que sí, es posible que se esté preguntando, ¿qué está pasando? ¿Estoy deprimido? Estoy aquí para decirte que está bien y que no estás solo.

#Like  
a la  
Vida

## ¿SABES QUÉ ES LA "DEPRESIÓN NAVIDEÑA"?

Es un conjunto de síntomas que sólo aparecen durante el invierno o la temporada Navideña.  
Se caracteriza por:

- sensación de vacío
- dificultad para concentrarse
- Un estado de ánimo triste la mayor parte del tiempo
- Falta o aumento de apetito
- Irritabilidad, fatiga
- problemas del sueño

Se considera un factor de riesgo pues durante su aparición puede presentarse ideación suicida.

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La "tristeza navideña" es cuando una persona experimenta sentimientos temporales de ansiedad y depresión debido al estrés, los recuerdos y/o las expectativas que genera la temporada misma. La tristeza navideña puede imitar los síntomas de la depresión y puede ser difícil de manejar. La razón por cual uno experimenta esto puede variar (económica, relacionada con el dolor, trauma, etc.), pero lo importante es recordar que es TEMPORAL. Aquí hay algunas estrategias para vencer esta tristeza:

- Asistir a los servicios de adoración
- Ofrécete como voluntario y ayuda a una organización sin fines de lucro
- Asistir a eventos locales
- Pasar tiempo con familiares y amigos
- Ejercicio
- Aprenda nuevos pasatiempos y/o actividades artesanales
- Lee un libro
- Mira tu película/programa de televisión favorito
- Busque consejería
- Mantén una rutina saludable
- Identifique sus factores desencadenantes y respete sus límites

By: Carolina Morales, LPC

# The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.  
Title originated from Melissa Reeves Austin-Weeks.



## Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

From The Dream Big, PSP  
family to yours.

# Happy Holidays

**HEALTHY HOLIDAY MINDFULNESS TIP**

Create a stress relief toolkit. First, try a few new mindfulness practices. Perhaps you prefer “thoughts on a snowflake,” a festive take on the “thoughts on a cloud” strategy. Choose your three favorite techniques and write them down. Then, when you’re feeling stressed or simply need a moment of quiet, take 10 minutes and reach for your toolbox for relief.

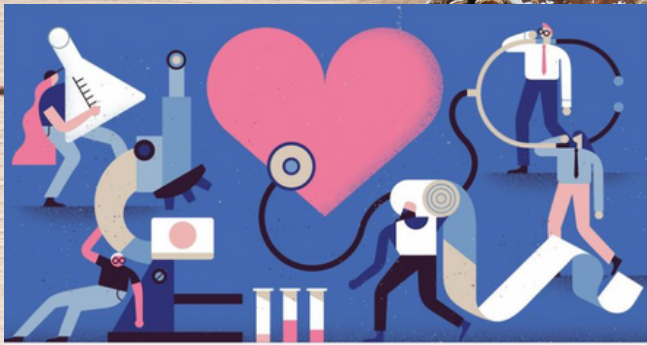
Credit to Forbes Health  
Read more at

<https://www.forbes.com/health/body/healthy-holiday-guide/>

Thank you for your generosity and support throughout the year. Together we have provided care to families in the metroplex. Spread the word that Dream Big PSP is here! Thank you for helping people on their healing journey. Have a safe and prosperous New Year!

<https://dreambig-psp.com/donate>





Support Dream Big - Psp Counseling as a recurring donor  
 Fundraiser for Dream Big - Psp Counseling by Dream Big - PSP Counseling



As 2022 comes to a close, Dream Big - PSP would like to thank all our faithful donors that have allowed us to continue serving our community by providing counseling services to the uninsured and underinsured population.

Aside from our 12 Days of Christmas Raffle, our final fundraiser for this year will be to find 25 donors that are willing to sign up to become recurring monthly donors for 2023! Who will be our 25 donors that will donate \$10 per month during the 2023 year? Facebook will match donation of recurrent donors up to \$100! You can donate more, if you'd like, but with simply having 25 donors at \$10/mo each, Dream Big - PSP Counseling can count on \$3000 next year to provide counseling services and camps for our clients.



# DREAM BIG SPOTLIGHT

Dream Big wants to thank you all for making our 12 Days of Christmas Fundraiser such a success!

PSP Professional Services, Inc.

Kendra Scott

Casa Azul

Alba Vázquez

La Tortilandia

Rose Mary Alvarez

Omni Fort Worth

Maricela Tobías Muñoz

Risky's

Lucía Macías

James Avery

Total Wine

Juana García

Chick-Fil-A





# Upcoming Events



**12 DAYS OF CHRISTMAS**

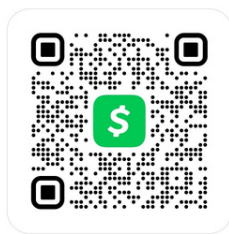
**1 TICKET FOR \$10  
6 TICKETS FOR \$50**

**BUY YOUR TICKETS NOW AND  
JOIN US ON FB LIVE TO FIND OUT IF  
YOU ARE THE NEXT WINNER!**

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**TRANSFORM A LIFE WITH YOUR CONTRIBUTION**

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# Anything is Pawsible

BY ANGEL THE DOG

Angel says, "Feliz Navidad!"

A stress-reducing moment for self-love, growth, & rewiring the brain. Enjoy!

## Mindful Journaling

1. Q. Write about your favorite Christmas book or movie. Why is it your favorite?

P. Haz una lista de tres a cinco cosas por las que estás agradecido hoy.

Lined writing area for journaling.

## Diario consciente

Un momento para reducir del estrés para el amor propio, el crecimiento y la reconfiguración del cerebro. ¡Disfruta!

The Dreamer's Journal

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Helping People Along Their Healing Journey

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