



**Cuyahoga County
Community Mental Health Board**

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For Immediate Release:

December 11, 2002

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Coping with the Holidays?

Tips on reducing the extra stresses of the holiday season are being offered in a booklet entitled *Coping with the Holidays*. This booklet was developed in partnership with the Cuyahoga County Community Mental Health Board (CCCMHB), the Lorain County Mental Health Board, the Ohio Department of Mental Health and WCPN 90.3FM Cleveland Public Radio. *Coping with the Holidays* is available on the CCCMHB's Web site at www.cccmhb.org. To obtain a free printed copy of *Coping with the Holidays*, contact the CCCMHB's External Affairs Department at (216) 241-3400.

"People often believe that the holidays should be the happiest time of year. However, it can be a time of added stress," explains William M. Denihan, CCCMHB Chief Executive Officer. "There is an unrealistic expectation to have the perfect holiday for ourselves, family and friends. This unrealistic goal is reflected in movies, television, books, and our own internal ideals. But, we all too readily find that this goal of achieving the perfect holiday is only a myth. With our fast paced lifestyles we do not have the time or energy to do everything. All the efforts that go into making a perfect holiday add up to a higher stress level."

Coping with the Holidays offers suggestions on being assertive, dealing with loss or change, and celebrating within a holiday budget. In addition, resource numbers are listed for those who find the stress of this holiday season, or any other time of year, too much to handle.

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Mr. Denihan is available for an interview by contacting Scott S. Osiecki at 216-241-3400, ext. 326.