

**MENTAL HEALTH AND THE HOLIDAYS – DEATH OF LOVED ONE**  
**DR. KENLEIGH MCMINN, PSYCHOLOGIST, BAYLOR SCOTT & WHITE HEALTH**

{\*\*ON CAM\*\*}

IF YOU'RE ONE OF MILLIONS OF AMERICANS COPING WITH THE LOSS OF A LOVED ONE THIS HOLIDAY SEASON... IT'S IMPORTANT TO BE PREPARED THAT THE FIRST YEAR CAN BE ESPECIALLY TOUGH.

{\*\*TAKE VO\*\*}

TRT: 59

THAT'S WHAT PSYCHOLOGIST KENLEIGH MCMINN TELLS HER PATIENTS EXPERIENCING GRIEF.

SHE SAYS- RATHER THAN PUTTING ON A BRAVE FACE- SHE RECOMMENDS REACHING OUT TO OTHERS TO LET THEM KNOW YOU'RE STRUGGLING... AND FINDING WAYS TO HONOR AND REMEMBER YOUR LOVED ONE.

{\*\*TAKE SOT\*\*}

DR. KENLEIGH MCMINN

BAYLOR SCOTT & WHITE HEALTH

TRT: 24

Whether that's, you know, continuing a tradition that you would always engage in with that person or making a certain dish that you know that person would love. And just taking time to acknowledge and say out loud that person's name, maybe share some memories of them, share that you're missing them because that can also be a way to kind of get support from those around you and know that you're not alone in the fact that you're grieving.

{\*\*ON CAM\*\*}

SHE ALSO REMINDS PATIENTS TO MAKE SURE THEY STAY STEADY WITH THE PARTS OF THEIR ROUTINE THAT HELP THEM COPE- LIKE EXERCISING OR GETTING ENOUGH REST.