



TOP 10 TIPS FOR MANAGING THE HOLIDAYS

- 1 Practice self-compassion.** You give to others, don't forget to take care of yourself. This might include such things as reading a book, relaxing, or spending time with significant people in your life.
- 2 Donate something to those less fortunate.** You can donate food, toys, articles of clothing, or give your time to a cause of your choice.
- 3 Send a note of thanks and appreciation.** Consider sending to a friend, a family member, or a colleague. It might just make their day.
- 4 Find time for laughter.** Do the things that make you happy.
- 5 Try to get enough sleep.** At least 6 to 9 hours of sleep a night goes a long way to help manage stressful times better.
- 6 Spend time in nature.** Breathe in some crisp fresh air, enjoy a winter walk, or just find some peace in watching the falling snow.
- 7 Try to do something physically active each day.** This can help with both your physical and mental well-being.
- 8 Be mindful of the small joys in each day.** Take a moment to notice the beauty in the sights and sounds of the holiday season.
- 9 Eat healthy and nourishing food.** But don't beat yourself up over a cookie or two.
- 10 Express yourself.** The holidays can bring up positive and challenging emotions. Honour these emotions by expressing them in a healthy way. Suggestions include journaling, engaging in a spiritual practice, creating new rituals or getting together with significant others.