



## 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 a cause you care about.

You can donate food, toys, articles of clothing, or give your time to a local charity of your choice.

3



### Send a note of thanks and appreciation.

Consider sending kind words 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.

A walk, a run, join a group session... This can help with both your physical and mental well-being. See our *10 tips for exercise*.

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 forget to also treat yourself!

10



**Express yourself.** The holidays can bring both positive and challenging emotions. Honour them by expressing yourself in a healthy way: journaling, spiritual practices, rituals, or time with loved ones.