Here are some tips to help you embrace this holiday season and make it a healthy one:

**RE-THINK YOUR OUTLOOK**

Try not to focus on what used to be and accept that our world is different these days. Accept that change is inevitable, and times are uncertain.

**TAKING THIS TIME AS AN OPPORTUNITY TO START NEW TRADITIONS**

- Connect with friends you usually see in person using an app like FaceTime, WhatsApp or Zoom.
- Share a virtual meal with family.
- Plan a synchronous movie night.
- Schedule story time with friends and family and your kids over video chat.

**EMBRACE THE WINTER MONTHS WITH A SMILE:**

- Take up an outdoor winter activity that you’ve always wanted to try.
- Buy a sun lamp for light therapy to combat the winter blues.
- Practice hygge – cozy up around the fireplace with hot cocoa, play tabletop games, and watch fun holiday movies or the Hallmark channel.

**HERE ARE SOME THINGS YOU CAN CONTROL**

- Who you are
- Your attitude
- Your own behaviors
- Kindness and grace you show others
- Your news intake
- Sticking to a daily routine
- Following local ordinances

**LET GO OF THE THINGS YOU CANNOT CONTROL**

- Others’ actions
- Availability of the products you normally use
- How long this will last
- Trying to predict the future

**LIVE IN THE NOW**

Focus your thoughts and energy on what you can control, not on the past or the future.

**TAKE ACTION**

When you act, your emotions and mindset will follow.

**ENGAGE IN MENTAL FITNESS PRACTICES**

- Engage in a creative endeavor or hobby.
- Immerse yourself in nature.
- Participate in mindfulness or meditation.
- Journal.
- Get adequate sleep.
- Practice gratitude.
- Avoid excessive drinking, “doomscrolling” and other counterproductive behaviors.

**BE PHYSICALLY ACTIVE**

- Aim for 150 minutes a week.
- Add in living-room workouts.

**PROACTIVELY CONNECT WITH OTHERS**

- Take charge, be the cruise director and reach out strangers, neighbors, coworkers, friends and family via U.S. mail, through technology or outdoors, physically distanced.

*If you’re struggling or are concerned about a loved one, reach out to the Disaster Distress Helpline at 1-800-985-5990 or text TalkWithUs to 66746.

“**Inaction breeds doubt and fear. Action breeds confidence and courage. Go out and get busy.”**

-Dale Carnegie