



we're in this
together

MIND YOUR SELF-CARE DURING THE HOLIDAYS

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.

TAKE 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.

LIVE IN THE NOW

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

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

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



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