



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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