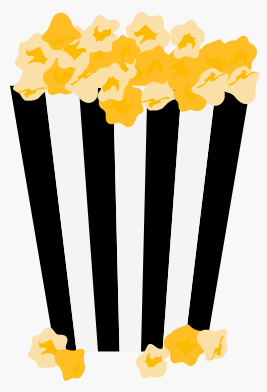


Spotlight: The Holidays

Suggestions for Coping with the Holiday Season



TAKE TIME TO REST

The winter season is about rest and rejuvenation. It is not a time to plant seeds (literally or figuratively). It is not a time to be harvesting new ideas. Our ancestors typically used the winter as a time to hibernate and reflect, and we can intentionally create rituals for ourselves that honor this type of practice.

DOUBLE DOWN ON SELF-CARE

Having a solid self-care routine is essential year-round, but it is crucial during the holidays as the holiday season often brings a flurry of activities, social gatherings, and increased responsibilities, which can easily lead to burnout.



CREATE AND MAINTAIN BOUNDARIES

The holidays often mean that we find ourselves spending time with people and in conversations around topics that make us feel triggered. It's okay to excuse yourself from situations that make you uncomfortable and decline invitations that feel overwhelming.

MAKE TIME FOR REFLECTION

The holidays also present a valuable opportunity for self-reflection. As the year ends, it's a chance to look back on the past months and assess personal growth, achievements, and areas for improvement. Taking time for introspection during the holiday season allows individuals to gain clarity, set intentions, and make plans for the upcoming year.



USE SUBSTANCES IN MODERATION

As the holiday season is often associated with celebrations and indulgence, it's essential to use substances in moderation. Being mindful of your limits and making conscious choices about substance use can contribute to the preservation of your wellbeing. Listen to your body and prioritize your health when making decisions about substance consumption during this time.