Holiday Health and Wellness

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Happy Holidays

Winter Mental Health:

Keep Active

Eat Healthy

Sleep Well

Stay Connected

Practice Self- Care

Create a Routine

Practice Gratitude: When you feel thankful or appreciative for the good things in your life. Gratitude is taking a moment to reflect on how lucky you are when something good happens.

But, how?

- **Gratitude Journaling:** Dedicate time each day to write down 3-5 things you are grateful for.
- **Expressing Thanks:** Tell people you appreciate them directly, weather through verbal compliments, handwritten thank you notes, or thoughtful gestures.
- **Mindful Moments:** Pause throughout the dy to actively notice and appreciate sensory experiences like the warmth of the sun, the taste of a good meal, or the sound of laughter.

Reminder

- **Start small:** Begin with a few simple things you are grateful for each day.
- **Be specific:** When writing in your journal, try to detail why you are grateful for something.
- **Be consistent:** Make gratitude a daily habit to reap the full benefits.
- **Be genuine:** Express your appreciation authentically and sincerely

Keeping Occupied:

- Visit your local library, this is a great way to encourage them to read over the break and get them out of the house for the afternoon.
- Have a holiday movie marathon. Cuddle up and make some chocolate chip cookies or some popcorn. Discuss thoughts and feelings about the movie. And put cell phones away in the other room.
- Host or arrange a playdate. It's important for kids to stay positively connected with friends over break. This can provide the time to establish more in depth and healthy relationships.
- Get outside. Bundle up, if you need to, and head to a local park or playground. Nothing's better than a little fresh air and exercise from playing outside, even if it's chilly.
- Go bowling! Game night! Family outings or activities are a great way to add some additional excitement to Winter Break. This provides both fun and bonding.
- Make some crafts. Gingerbread houses, origami, snowflakes, fabric decorations, coloring, knitting, puzzles etc.
- Cook together. Use this time to teach some hands on life skills, by creating some meals and memories.
- Be productive. Make some appointments or clean out the closet, etc.

Stay Connected:

Chat Zone (10-12 minutes): Create simple conversation to

connect with children & family.

- What makes someone a good friend?
- If you could have one superpower, what would it be? Why?
- What are you thankful for today?
- What made you laugh today?
- Who are you grateful to have in your life?
- What do you say to yourself when something is hard?
- How have you helped someone recently?
- What are you looking forward to for tomorrow?
- What was something you wish went better today and why?
- What is something you are proud of?
- What animal are you most like and why?
- What is one way you take care of yourself?
- What do you do to feel calm?
- What is a sound that calms you?
- If our pet could talk, what would they say?
- What is your favorite song and why do you like it?

New Year's Resolutions and Setting Goals:

Reasons to Make New Year's Resolutions:

- **Fresh start:** The new year is a popular time to start fresh and put the past behind you.
- **Motivation:** The new year can activate hope and expectations for what you want to achieve.
- **Self- reflection:** Taking time to think about where you want to go next year can help you understand where you have been.
- **Progress:** Resolutions can help you remember where you want to be and how to get there.

Reasons to Set Goals:

- **Self-efficacy:** Setting and achieving goals can give you a sense of control over your life.
- **Personal growth:** Goals can provide direction and purpose, and help you improve your life.

SMART Goals:

Specific: State exactly what you would like to accomplish.

Measurable: Use smaller, mini goals to measure progress.

Attainable: Make your goals reasonable and realistic.

Relevant: Make your goal worthwhile and meaningful.

Timely: Give yourself time, but a deadline.

SMART Resolutions

Specific — Describe your goal and what you hope to accomplish. Be specific.

Measurable — How will you measure progress toward meeting your goal?

Attainable — Choose a goal that is attainable. What steps will you need to take to achieve this goal?

Relevant — Why is this goal important? What impact will reaching this goal have on your life?

Timely — How long will it take you to reach your goal?

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