

SELF-CARE OVER THE HOLIDAYS

WHAT: The holiday season can be a joyful time for many, but it can also be stressful and challenging for others.

HOW: Here are some tips to help you prioritize self-care.

- **Make Time for Yourself:** While spending time with loved ones is important, don't forget to carve out moments just for you. Engage in activities that bring you joy and relaxation.
- **Set Realistic Expectations:** The holidays can be overwhelming. Use budgeting, to-do lists, and prioritize tasks to keep things manageable and reduce stress.
- **Establish Boundaries:** Not all relationships are positive. It's okay to set boundaries with family and friends to protect your mental well-being.
- **Limit Alcohol Consumption:** Alcohol can negatively affect your mood. Consider non-alcoholic alternatives like hot chocolate, cider, or mocktails.
- **Maintain Healthy Habits:** Try to eat nutritious foods, get enough sleep, and stay active to support your mental health.
- **Seek Support:** If you find the holidays particularly tough, reach out to friends, family, or community resources like counselling. Asking for help is a sign of strength.
- **Practice Mindfulness:** Focus on the present moment and accept that things may not go as planned. This can help reduce anxiety and improve your overall experience.
- **Be Kind to Yourself and Others:** Responding with kindness can ease tensions and improve interactions during stressful times.

Remember, it's normal to feel a mix of emotions during the holidays. Taking proactive steps can help you navigate this season more comfortably.

FCSS offers free counselling services to residents who live within our service area. For more information or to book an appointment, contact Michael Fedunec at (587) 370-3728 or counsellingservices@fcss.ca

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