




# 10 TIPS TO NAVIGATE THE HOLIDAYS

(Adapted from Foundry BC)

Jingle bells! Jingle bells! Jingle all the way! When you think of the holidays, what comes to mind? Do you picture house-lined streets decked out with sparkling lights? Or how about big family gatherings with copious amounts of chocolate and treats. Do you think about the excitement of giving and receiving gifts, or the sounds of holiday tunes, playing endlessly on the radio?

Or perhaps you are someone who thinks about the approaching holiday season with less excitement. For many people, the holidays can be an incredibly difficult time of year which can evoke feelings of sadness or alienation, if your celebration isn't the typical celebration.

 To help you navigate this season, here are our top 10 tips adapted from Foundry BC. Remember, not everything works for everyone, and that's okay! It's about experimenting to find what works for you.



1) Limit your social media content: Do you find you play the comparison game? It's okay to take a break from social media sites or limit your time on these apps each day (your phone may even have an app timer to support you!).



2) Get outside: We all know fresh air does wonders for the body and mind. Can you find time each day to get outside? It doesn't need to be long. Even 10 minutes can make a difference. Just make sure you bundle up – it's cold out there!



3) Move your body: With the cold, wet weather and reduced access to fitness facilities, this one can be hard. You may need to get creative with how you move your body. Have you tried snowshoeing? What about a walk in nature with someone in your life? If going outside isn't an option, what about trying a 10-minute dance party or practicing a YouTube yoga class in the comfort of your home?



4) Get crafty! Do you have a Pinterest board filled with crafty ideas you've pinned for "a rainy day" but haven't yet tried? Now may be the perfect time to pull out the scissors and glue and get crafting! Some ideas we recommend: Homemade holiday cards, knitting a scarf, or painting one of your favourite photographs.



5) Try something new: Have you ever been snowshoeing on your local mountain? Have you tried a holiday drink at a local cafe? Have you watched one of those cheesy Hallmark Holiday films? Have you ever tried a Paint by Number? This year may be the perfect year to try something new.



6) Nourish yourself: It can be easy to fall prey to all the diet/calorie talk at this time of year, especially when those around you may be feeling pressure to avoid overindulging! Give yourself permission to enjoy a meal prepared by loved ones, it's a great way to connect!

7) Prioritize sleep: We promise you, sleep is important! With a busier holiday time, it's easy to find ourselves staying up extra late and/or sleeping in, which confuses our sleep cycles. A good way to keep your sleep on track is to go to bed and wake up at the same time each day. Remember, it's not all or nothing! It's ok to stay up a bit later a few nights to participate in fun celebrations.



8) Self-Compassion: This one is a big one! It's easy to think that we must be all 'Merry and Bright' this time of year. We want to remind you that everything you feel is valid! What would it be like to give yourself permission to feel this way? What would it be like to lessen the self-judgement and give yourself compassion in whatever way you need it?

9) Create a support team: This is an opportunity for you to be your own team captain! Who would be good supports for you this holiday season? Who in your community, family, or friend group could you go to if you were needing support?



10) Reach out! We all need a little love. No one should feel alone this holiday season. If you need a little extra support see the list of community resources below.





## **Resources:**

Kids Help Phone: 1-800-668-6868

Foundry Kelowna: (236) 420-2803

Child and Youth Mental Health Kelowna: (250) 861-7301



Interior Crisis Line: 1-888-353-2273



This list was adapted from Foundry BC.