

# Taking Care of You During the Holidays

*Tips from the Provincial Wellbeing Team to support you during this time*

The holiday season can be a time of joy and celebration, but for some it can bring forth feelings of stress, loss, or loneliness. Setting aside time to take care of yourself can have a positive impact on your mental health.



## Take a Moment to Move

Walking, stretching, and other forms of movement, can give you a mental and physical break from the stress you may be feeling.



## Eat Well

Enjoy holiday treats while maintaining a balanced diet to help keep up your energy and avoid blood sugar swings.



## Practice Acceptance

The holidays aren't always magical or exciting. Try to let go of the pressure of perfection and embrace the experience as it is.



## Take Deep Breaths

If you become overwhelmed, follow these steps:

- Take a deep breath in through your nose for a count of 3, hold it for a count of 3, and then exhale through your mouth for a count of 6. Repeat.



## Plan in Advance

Plan ahead for challenging situations. When they arise, notice your reaction, take slow, deep breaths, and remind yourself, "I'm doing my best," "I'm only human," and "I can cope with this."



## Limit Social Media

Set time limits on your social media apps, turn off notifications or set your phone to "Focus" mode, and avoid comparing your holiday activities and decorations to others.



## Create a Personal Wellness Plan

If travel or social events are not part of your holidays, plan a few moments of comfort for yourself, such as re-reading your favorite books or re-watching your favourite movies, relaxing in comfortable pajamas, or savouring a soothing warm beverage.



## Gentle Reminders

- You're allowed to step away for alone time when you need it.
- You don't have to force yourself to be in the holiday 'spirit'.
- It's okay to set boundaries and to say no.
- It's okay to feel grief, sadness, or disappointment.



## Supports for Health-System Staff

- Call our dedicated Wellbeing Team at 1-844-820-2010 for personalized support everyday from 7 a.m. - 7 p.m.
- Call the Manitoba Blue Cross Employee Assistance Program (EAP) for 24/7 support at 1-800-590-5553.