

## HOLIDAY TIPS for 2022

### FOR MANAGING YOUR MENTAL HEALTH & WELL-BEING

In the season of "Merry Christmas" and "Happy New Year," many people might be feeling anything but "merry" and "happy!" People might be feeling a bit stressed and overwhelmed with all the planning, preparations, hustle & bustle, and budgeting that also come with the season. Here are some tips to consider:

- Stay hydrated by drinking water. (It sounds simple and obvious, yet many people suffer from headaches and other symptoms because of dehydration.)
- Get plenty of sleep. (Adequate sleep is a key component to a healthy state of well-being and improved moods).
- Quality time vs. quantity time. (It is the quality of time together with family and friends that improves our mood). Spend time playing games, visiting, going outdoors, writing letters to grandparents or loved ones, or putting together a puzzle.
- Count your blessings. It is a fact that we take many things in our lives for granted. (It is important to verbalize or write things which we are thankful for.) Remaining positive and grateful is the best way to reduce negative feelings of hopelessness and gloom.
- Reduce screen time. We are all exposed to increased eye strain because of technology. Setting limits to reduce unnecessary screen time helps give the eyes a much-needed rest.
- Maintain a bedtime routine for the ease of going back to school and work. We all know that being cranky and tired when resuming work and school are not fun for anybody. Let's do our part to ring in a "Happy 2022!"