

Self-Care Links

A Life Well Lived

Alex Trebek's GMA interview.

Four Mantras

To keep you happy and balanced during the holidays.

Let Them Go

Tyler Perry's Madea offers wisdom with a smile.

Two Exercises to Help You

Stay in the present moment.

The Gift of Gratitude

Make it a habit.

It Happens

The long goodbye.



A Funny Truth



Tis' the Season

Many can experience the blues during a normal holiday season but add a global pandemic to trying your best to be of good cheer and one can quickly spiral. Psychology Today offers ten tips to help us navigate our well-being during this special time of year. [Psychology Today Article](#)

Acknowledge this is a unique year. This year's celebrations will look different than the past. Adapt by accepting the reality at hand, acknowledging this season may not be as you hoped, but there is still room to choose joy.

Reflect on your reason for the season. Social media and commercialization of the holidays can create the feeling of competition. This year use the time to prioritize your values and recognize what is important to you. You can still have purposeful celebration and enjoy the downsized holidays.

Invest in wellness. During a pandemic you may have fewer social events scheduled, but you still must plan and shop and this can still be stressful. Stress levels have already been elevated throughout the year, so allow for some self-care. Take an hour to decompress, fifteen minutes to write in your journal or one minute to practice gratitude. Give yourself a gift by investing in your own well-being.

Know your limits. One key to managing stress is understanding the personal indicators that reveal you are under stress. Then reflect on the triggers that direct you toward these feelings of stress. Determine a way to immediately self-soothe when stress surfaces, allowing you to intervene sooner than later.

Communicate your boundaries. A pandemic gives us a new set of boundaries. Even within small-family gatherings, it is best to keep distanced, not hug. Have discussions about this before gathering instead of misunderstandings afterwards.

Follow your joy. You can easily find what you are missing this year, but you can create a new way to step out of the traditional routine. Try to think about the blessings, not just the disappointments.

Stay technically connected. Distance makes it difficult to feel festive, with the pandemic forcing us to reconsider technology. We do not have the closeness we desire, but technology affords us a different type of quality time with those we miss.

Seek support. Social support is a great resource for stress management. Many felt lonely before COVID and the pandemic amplified this. There are virtual support groups and telehealth sessions available to help with this mental health concern.

The present is a present. At this time of year we reflect on our past as well as our concerns about what lies ahead. It takes practice, but try to intentionally be in the present moment, free from what has happened and what is to come.

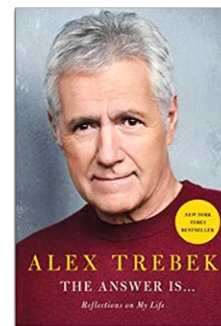
Don't forget the gift of gratitude. Being thankful is a gift for yourself that you can also share with others. Do not minimize your struggles but rather reflect on all you are grateful for and use this as part of the warmth you feel from the season.

The Winner's Corner



Janice Church wins this month's self-care gift card!

Book Club



The Answer Is, a memoir to be read by all, not just for Jeopardy fans.