

HOLIDAY SURVIVAL TIPS

The holiday season is generally viewed as a joyous time of year, but the reality is it's not that way for everyone. While many love the opportunity to give gifts, spend time with family and friends, and spread cheer, others find the holidays difficult for a variety of reasons. For example, difficult family relationships or distance from loved ones may worsen mental health concerns at this time of year.

The pandemic has added a layer of complication to this year's holidays, which may make things challenging for even the most festive among us. The following are a few tips to make the holiday season a little easier on everyone, whether or not you typically enjoy it. Please remember to heed all public health advice when taking part in any of these activities.

IF YOU'RE INTO THE HOLIDAYS...

BAKE OR COOK FOR FRIENDS AND FAMILY

Enjoy home cooking within your household, or drop off some fresh goodies on your loved ones' doorsteps.



IF YOU'RE NOT INTO THE HOLIDAYS...

WHO DOESN'T LIKE A FREE MEAL?

Just embrace the spread hosted by another immediate family member, and relish in the quieter setting of a smaller group. Also, less dishes!



RECONNECT WITH OLD FRIENDS

Create personalized holiday cards online, or just reach out to people you haven't seen in a while to connect virtually. The holidays are a great time to catch up.



VOLUNTEER SOME TIME WITH A LOCAL CHARITY

No one will question your absence if it's for a good cause, and you'll feel good about it! Contact a local charity to see how you can support them safely at this time.



SHOP ONLINE

Beat the lines and the community spread by doing your shopping at home this year. Make sure to check if your local shops have online options, or if you know what you want from your neighbourhood boutique, call in the order for pickup.



DONATE TO A CAUSE IN NEED

The holidays are always difficult, but this year more than ever. Consider giving to a food bank or your local Canadian Mental Health Association. Make a donation in someone's name instead of buying a gift, if they'd appreciate that.

MAKE NEW TRADITIONS

We're used to going out visiting, but to stay safe, think of something you can do at home and make it part of future holidays.



TAKE SOME 'ME' TIME

Not every second has to be spent doing something everyone but you wants. Take up a new hobby, read a book, watch the show you've been putting off. Take a break! It's OK to say no to others.



DECORATE

Get your decorations up early, and/or keep them up late. Might as well extend the fun for as long as possible. Go all out!

#CMHAHOLIDAYTIPS

