

6 Tips For the Holidays:

- 1. Focus on the things you can control** – Can You create a new family tradition?
- 2. Get out & about** – Wrap up warm and go for a walk. Notice the sounds, focus on the colours.
- 3. Stay in touch** – Book in social events with family and friends, face to face or online.
- 4. Be creative** – Discover or re-discover something you enjoy doing.
- 5. Keep a diary** – The best way to manage our feelings is to express them. If you don't like writing, it can be a diary of images or music.
- 6. Take time to reflect** – This year has brought a lot of changes. What do you want to let go, what do you want to keep?