

Thriving during Winter Break

Sleep: Sleep allows our bodies to repair and refresh. Keep a typical routine by going to bed at a reasonable time and waking around the same time every day. The American Academy of Pediatrics recommends 9-12 hours of sleep a night for school-age children (6-12) and 8-10 hours of sleep for teenagers (13-18).



Exercise

Exercise is a great stress buster. Go to the gym, take a walk, walk the dog, dance, throw the football with a friend or organize a pickup basketball game.



Laugh: Watch a funny movie, call a friend, etc! It can produce positive physiological effects and minimizes stressful experiences.

Do something nice

for others: Wrap a gift, shovel, or take a meal (or a gift card for a meal) to a person



Take time to recharge

The holiday season can easily become hectic, overscheduled, and stressful. Give yourself plenty of downtime to relax.



Still, feeling stressed?

Many people experience a worsening of symptoms (loneliness, stress, sadness, etc.) around this time of year for a variety of reasons. If you, a friend, or a loved one experiences marked changes in personality, eating or sleeping patterns, prolonged stress or anxiety, and/or withdrawal from normal activities please seek help:



HELP is available

Call or Text 988