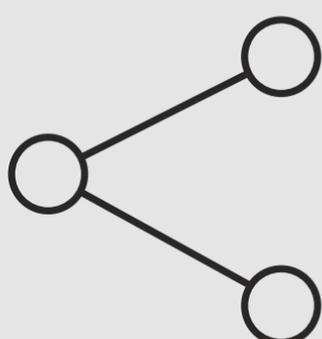


COVID HOLIDAY SURVIVAL GUIDE



1

STAY CONNECTED

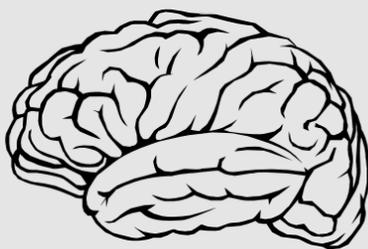
Many of us won't be able to spend the holidays how we normally do, but that doesn't mean we can't reach out to friends and family. Schedule a video call with the people you normally spend Christmas or New Year's Eve with. Watch a holiday movie at the same time as a friend and chat during.



2

TAKE CARE OF YOUR BODY

Move in a way that you enjoy for twenty minutes every day. Exercise may help keep the holiday blues at bay .



3

TAKE CARE OF YOUR MIND

Remember to breathe. Practice mindfulness meditation. Unwind with a coloring book or puzzle. Anything that puts your mind at ease. Don't be afraid to reach out to your doctor if you're struggling with your mental health.



4

GIVE YOURSELF A BREAK

The most important thing to remember this holiday season is that it's okay to not be okay. This year has been hard. It's okay to be sad that you're missing out on things. Take it easy on yourself. Talk to a friend you trust and vent. It's going to get better.



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