

Converse Wellness Be well, Be You...

Surviving the Holidays

The holidays are fast approaching. For some the season holds a tinge of sadness, a wave of anxiety or even bouts of depression. If you aren't exactly ready to celebrate the season, take a deep breath, relax and know that you are not alone. Holiday stress is very real, in our culture the expectation of gift giving, extra activities and more cooking can feel very heavy, not to mention the pressure of being with loads of family and making sure not to forget anyone. Create some space in your life by investing in a few of these tips:

- Plan a budget. Get nitty gritty about how much you are going to spend on gifts, extra food, donations, and activities. Trying to find a perfect gift for someone that has all they need? Try donating to a cause in their name.
- Create a get-away. Plan for taking a mini break when you need. It can be a small time to escape and listen to a helpful podcast, go for a walk, or indulge in some meditation.
- Reflect on 2020. Yes, it has been a wild and strange year but without a doubt good has come your way. Write a list of all that you hold gratitude for from 2020.

- Create your own traditions. If you feel yourself being a little grouchy or grinchy about participating in old patterns take some time to create events that you need. Family snuggle and reading time? Winter wonderland walk? The possibilities are endless.
- Create boundaries. This can be the tough stuff. Communicate clearly with loved ones what you are willing to do and what you would rather not do. Taking care of you is not selfish, it's necessary.

30+ WAYS TO DE-STRESS IN LESS THAN 10 MINUTES

- LISTEN TO YOUR FAVORITE TUNES
- HEAD OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE 
- WALK, BIKE, SKATEBOARD AROUND THE BLOCK
- COUNT TO 10
- DANCE
- JOURNAL
- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR 
- DOODLE OR DRAW
- TELL SOME JOKES 
- CALL A FRIEND
- CHEW A PIECE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS (GROUNDING)
- DISCONNECT FROM TECH 
- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO 
- PUNCH A PILLOW
- DEEP, SLOW BREATHING
- READ AN INSPIRATIONAL QUOTE 
- SPEND TIME WITH YOUR PETS 
- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN 
- VISUALIZE A SAFE, COMFORTING PLACE 
- PICK SOME FLOWERS
- GIVE YOURSELF A NECK MASSAGE
- TAKE A SHOWER 
- KICK A SOCCER BALL 

Ready to try a new recipe or two for Thanksgiving? Maybe you are asked to bring a side dish to someone else's house? Bring something different and interesting. Here are a few links to some delicious side dishes.

Maple Walnut Twice Baked Sweet Potatoes:

<https://www.savorynothings.com/maple-walnut-twice-baked-sweet-potatoes/>

Honey Garlic Butter Roasted Carrots:

<https://diethood.com/honey-garlic-butter-roasted-carrots-recipe/>

Butternut Squash and Spinach Salad:

<https://juliasalbum.com/butternut-squash-spinach-salad-with-pecans-cranberries-pomegranate/>

Cinnamon Roasted Sweet Potatoes & Apples

<https://joyfoodsunshine.com/cinnamon-roasted-sweet-potatoes-and-apples/>



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