

# Thriving through Winter Break

As the holiday season starts, often we can experience moments of loneliness, stress, sadness and/or a general sense of feeling overwhelmed. **Below are 5 tips to help you navigate the holiday break...**

## 1. Do something good for someone

The holiday season presents us with many opportunities for kindness. Often by brightening someone else's day, your day is also naturally brightened! Simple acts of kindness such as making a card for a friend, helping a neighbor with yard work, pitching in with family chores, or even just offering a compliment or a smile to the people you encounter can brighten both the world around you and the one within you!

## 2. Laugh

There's a reason you've often heard, 'Laughter is the best medicine.' Individuals who laugh often tend to be more cheerful, have higher self-esteem and are more likely to develop close social relationships (the kind of positive relationships which can help us navigate stress). Humor can also help us defuse stressful experiences by putting life into perspective.

## 3. Get moving

Exercise is an awesome stress buster. Whether you walk your neighbor's dog (which also counts as an act of kindness), turn up the tunes and dance, throw a football with a friend, or join a virtual exercise class, make it a goal to get MOVING at least 20-30 minutes each day.

## 4. Catch some zzzz's

Sleep allows our bodies to repair, refresh and prepare for the coming day. Try to keep a routine by going to bed at a reasonable time and waking around the same time every day. Teens need 8-10 hours and school-aged children should get 10-11 hours of sleep each night.

**TIP:** Keep electronics out of bed. Studies show that as many as 34% of young people sleep near their smartphone. Electronic devices can be distracting and can keep you from getting a good night's sleep. Limit usage an hour before bed since devices stimulate the mind.

## 5. Strengthen your resiliency toolbox - Visit Virtual MindPeace Rooms™

Virtual versions of the [MindPeace Rooms™](#) were launched to students and young adults decompress and practice social-emotional and resiliency skills in a NEW digital space. Rooms include videos, activities, and even apps. Send stress packing! Open the door to YOUR peace of mind today.

### Still stressed?

Rest assured: You are NOT alone. Whether you're feeling sad, lonely, overwhelmed and/or stressed, reach out for help.

### **Crisis Support**

Call or text **988** the **National Crisis Line**: Available 24/7.

**No hablas inglés?** Encuentra ayuda en el sitio web de Suicide Prevention Lifeline o llamada 988.

**NOTE:** Call 911 or go to the emergency department if you're experiencing a medical emergency, a life-threatening mental health crisis, or are directed to go there by a medical provider.

For a non-life threatening mental health crisis for children or teens, contact the CCHMC's PIRC department **513-636-4124** where they will help advise you on the most effective level of intervention to fit your needs.

For ongoing therapy needs for children, teens or young adults, visit [www.mindpeacecincinnati.com](http://www.mindpeacecincinnati.com) to find a school-based or community provider. Additional crisis resources are also available here.