



Seasons Greetings from CMHA!



We know that celebrations are going to be different this year and we want to share some tips, virtual events, and resources to help you take care of your mental well-being over the holiday season.

Tips for a happy & healthy season:

- ★ Feel your feelings, take time and space to identify the way you're feeling and acknowledge those emotions.
- ★ Stick to the basics! Prioritize good sleep, fresh air & light, movement & exercise, nature, nutritious balanced meals (plus some holiday treats!)
- ★ Find a way to give back or support others, spread some joy!
- ★ Find joy in the different! Be open and creative about what this time means to you and how you'd like to spend it. Take this opportunity to build new traditions.
- ★ Keep things in perspective. Think big and find hope - if everyone does their part we will be celebrating Christmas with our families next year.
- ★ Try not to romanticize your typical holiday plans or feel pressure to participate in typical holiday customs that aren't for you.

- ★ Reach out! Connecting and finding new ways to connect - virtually on Facetime, Zoom, phone calls or texts, or the old fashioned way of writing a letter or sending a card.
- ★ Practice gratitude! Take time each day to find things to be thankful for.

Virtual places and programs to explore:

- ★ Penguin Live Cam at the San Diego Zoo:
<https://zoo.sandiegozoo.org/cams/penguin-cam>
- ★ The Nutcracker Ballet: <https://www.bostonballet.org/the-nutcracker>
- ★ Stradivari Concert:
<https://www.eventbrite.com/e/stradivari-anniversary-concert-concert-registration-118044974697?aff=erelexpmlt>
- ★ Online arts/crafts classes from the North Vancouver City Library:
<https://www.creativebug.com/lib/cnv>
- ★ National Parks Virtual Tour:
<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>
- ★ Digital Museum Tours:
<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Mental Health Support and Resources:

- ★ BC Mental Health Crisis Line - 310-6789 (no area code)
- ★ Crisis Services Canada - text 45645 anytime between 5pm and 1am and someone will text you back
- ★ Online Crisis Chat: <http://crisiscentrechat.ca/>
- ★ Suicide hotline: 1-800-784-2433

Take good care this season!

★ *The CMHA team*