

JUB DECEMBER NEWSLETTER

FROM THE DESK OF MRS. NETTLES, SBSW

Happy Holidays from the JUB PEER Mentors



The JUB PEER Mentors would like to wish everyone a Merry Christmas & a Happy New Year that is filled with self-care and self-love.

Christmas Stress

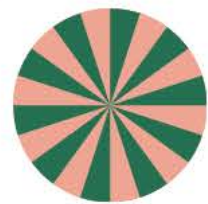
Relief Tips:

- Create a self-care routine
- Practice meditation
- Set realistic expectations for yourself & the holiday
- Make a plan & try to stick to it
- Create your own holiday traditions
- Learn to say "no" without feeling guilty
- Give yourself permission to let it be a normal day

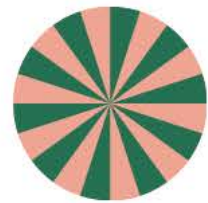
“Finding time to take care of yourself during the holidays isn't selfish.... it's self-care”



WARM GREETINGS



Focus on what matters...healthy mind, happy life!



Life is the best gift ever

REMEMBER TO BE SAFE THIS HOLIDAY SEASON!!!



Tips for Coping with Stress & Depression During the Holidays

Stress and depression can ruin your holidays and hurt your mental health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

SELF-CARE STRATEGIES

more on shutterbean.com

FOR THE HOLIDAYS

- GIVE YOURSELF PERMISSION TO GO SLOW.
- DON'T FORGET TO BREATHE!
- TAKE YOURSELF OUT OF THE SITUATION IF YOU NEED TO. COME BACK WHEN READY.
- GET ENOUGH REST
- MAKE BETTER FOOD CHOICES + DRINK WATER!
- TAKE A WALK/GO OUTSIDE
- LOWER EXPECTATIONS / HAVE NONE!
- UNPLUG. SPEND TIME WITH FAMILY + FRIENDS WITHOUT SCREENS.
- ENGAGE ALL OF YOUR SENSES
- FOCUS ON MAKING GOOD MEMORIES
- STEAL TIME FOR YOURSELF!
and REFLECT on the past year.