Navigating the Holidays
Boosting Well-Being through Acceptance, Appreciation & Executive Functioning

Reach out to include someone who may struggle to make connections with others
Extend a hand to those feeling isolated. Inclusion creates a tapestry of shared joy.

Celebrate connection, value friendships & traditions
Cherish the bonds that make the holidays special. Share laughter, stories, and traditions.

Open your hearts and minds to loved ones and strangers alike
Embrace a common hope, goodwill, and a generosity of spirit toward all. Everyone has a story worth hearing.

Practice self-care and be mindful to appreciate yourself
Amid the holiday hustle & bustle, remember to take moments for yourself. Acknowledge and celebrate your unique journey.

Remember that it's okay to ask for help
In times of need, seek support. Strength lies in vulnerability, and others are ready to lend a helping hand.