

Boost your mood this holiday season

Follow these tips to get the most out of the holidays this year.



A National Lutheran Community

This is a time of year when you can spend most of your time focusing on other people's needs. Give yourself a break! You'll show your best face to family and friends when you make time for yourself. Fit in some time for self-care amid the shopping, cooking and planning by following our guide:

Keeping Your Holiday Schedule on Track

- Spread out your holiday obligations. You don't have to celebrate on the exact day of the holiday!
- Schedule Zoom calls with your loved ones on days leading up to whichever holiday you celebrate to make sure everyone's on the same page.

Managing a Virtual Holiday

- Consider activities that help you give back. Studies have shown that helping others boosts your mental and physical health. Examples: Collect food for a neighborhood shelter, bake cookies to give to your grandchildren with contactless pick up, making homemade decorations or gifts.
- Schedule a Zoom call with your loved ones to bake your favorite holiday treats. Just because you can't physically be there together doesn't mean you can't uphold your favorite holiday traditions!

Maintaining Healthy Habits

- With temperatures usually ranging in the 50s in Maryland for December, taking a cool brisk walk outside will give you some fresh air and some exercise. Just remember to bring a hat and gloves!
- Getting some vitamin D from the sun can also relieve depression.
- Make sure to get plenty of sleep, especially before a big day.
- Add in some exercise each day, even if it's just a short walk.
- Have a healthy snack before any holiday get-togethers so you aren't as tempted by treats.



Call 301-355-2801 or visit: www.thevillageatrockville.org

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