



Taking Care During Difficult Times

Make The Most of This Holiday Season

This year's celebrations may not be the same as years ago, but it can still be wonderful in new & different ways. While there may be some added challenges, here are some tips to help you & your family enjoy the holidays to the fullest.

Stay Connected

- Limit social events in your home to your [Steady 20](#). Follow provincial guidelines for [Holiday Events & Gatherings](#).
- Stay connected to family, friends, & community - Call, text, video chat, or send holiday cards, etc.
- Check in with others who live alone or may be struggling. Encourage them to seek support.

Keep Traditions & Memories Alive

- Start new traditions or continue old ones (e.g., themed pjs, Christmas sweaters, movies, sing carols, holiday music, baking, etc.).
- Find a way to include missed family & friends (e.g., memory ornaments, connect virtually).
- Share traditions with others.

Practice Mindful Eating & Enjoy Food

- Make food choices based on your hunger levels.
- Think about your drink. Non-alcoholic & alcoholic drinks can add sugar, sodium or saturated fat.
- Think beyond food to celebrate. Celebrate with activities you enjoy. Take a hike, play a game, ski, snowshoe or just admire the holiday lights.

Take Time to Relax

- Embrace changes created by the pandemic. Slow down & enjoy less hustle & bustle this season.
- Do activities you enjoy & try new ones.
- Space out planned activities & leave unplanned time for rest.
- Do something that's just for you. Give yourself the gift of wellness. Visit [Bridgethegapp.ca](#) for resources. Share the gift with others.

Plan for Holiday Stress

- The holiday to-do list can be overwhelming. Pick what's important for you & skip the rest.
- It's okay to say "No, thanks" or "Not right now" if you are feeling stressed or overwhelmed.
- You don't have to do everything yourself, make it a family activity or ask for help.
- Turn your holiday chores into mindfulness activities (e.g., gift wrap, tree decorating).
- Set priorities to stay on budget - gifts, food, & decorations. It's easy to overspend.
- A change in routine can add to stress, find balance by keeping a meal & sleep schedule.



Celebrate Safer

- Enjoy alcohol-free activities & hobbies.
- Alcohol & cannabis products vary in strength. Always read the label.
- Store alcohol, cannabis & other drugs safely, away from children & youth.
- Reduce health risks by drinking no more than:
Women - 10 drinks/week & 2 per day;
Men - 15 drinks/week & 3 per day.
- Check your habits at [CheckItOutNL.ca](https://www.checkitoutnl.ca).
- Know your limit & stick to it. Pace yourself.
- Stick to one: Mixing alcohol, cannabis, or other drugs can be risky.
- Be a responsible host: offer non-alcoholic drinks. Respect people's choice not to use or drink.
- Plan a safe ride home or stay the night.
- Carry Naloxone & let others know you have it. Get a free kit - Call 811.

Zero's The Limit

- When you're responsible for the safety of others (e.g., children).
- When driving a recreational or motorized vehicle.
- When pregnant or planning to be pregnant.
- When taking medication or drugs that may interact.

The Holidays During Recovery

- Stay connected with supportive family, friends, & community supports.
- Identify warning signs & avoid/plan for triggers (people, places, & things).
- If you are in recovery & experiencing stress, reach out for help.

For more safer use tips, check out:

[Canada's Low-Risk Alcohol Drinking Guidelines](https://www.healthycanada.ca/low-risk-alcohol-drinking-guidelines)

[Canada's Lower-Risk Cannabis Use Guidelines](https://www.healthycanada.ca/low-risk-cannabis-use-guidelines)

You are not alone. We're here to help.



Bridge the gapp.ca

- CHANNAL Warm Line
- Mental Health & Addictions Systems Navigator
- Domestic Violence Helpline
- Provincial Opioid Toll-Free Line
- Healthline
- Mental Health & Substance Use Self-Screening

For emergency or crisis support, please call 911 or:

- Provincial Mental Health Crisis Line
- Crisis Text Line
- Kids Help Phone

Not sure who to call? Help Starts Here.

Call the [office in your area](#) for counselling options.

Check out the new [E-Mental Health](#) options from the comfort of your home

1-855-753-2560

9 am – 12 midnight

1-877-999-7589

8:30 am-4:30 pm Mon-Fri

1-888-709-7090

Call or Text

1-844-752-3588

8:30 am-4:30 pm Mon-Fri

811

24 hours; 7 days/week

www.CheckItOutNL.ca

1-888-737-4668

24 hours; 7 days/week

Text 'Talk' to 686868

24 hours; 7 days/week

1-800-668-6868

Call **211** for local community/government programs & services. 24 hours; 7 days/week

For more information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19/>

