

Increase your joy during the holidays

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

Increase your joy through mindfulness

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

[Practicing Mindfulness | CMHA](#)

Tips to help your children feel joy

These practices can lead to greater joy during the holiday season and at any time:

Gratitude: pay attention to what you are grateful for.

Mindfulness: focus on the breath while noticing what is happening in the moment with a kind and caring heart.

Compassion: notice when others are going through challenging times and take positive steps to help them.

[Awaken Joy in Kids - Greater Good Berkeley](#)

Increase joy through self-care practices

Tips to increase your joy during the holidays and sustain you through tough times:

- **Sleep:** helps your body and brain work at their best.
- **Activity:** releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- **Eat Well:** helps you feel healthy physically and mentally.

[Self-Care | CMHA](#)

MORE RESOURCES

[stress-and-your-health.pdf \(alberta.ca\)](#)

[Help in Tough Times | Alberta Health Services](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

