

ALONE FOR THE HOLIDAYS

If you are planning to spend the holidays by yourself, be open to new ideas and opportunities to get in the spirit of the season. It is a great time to recharge your batteries and celebrate you!

Try to reverse any negative feelings and make a point to enjoy the season. Here are a few things to celebrate:

- **Extra Time Off Work** – Use the extra time to try a new class (cooking, crafts, an unexplored activity or interest), visit the library or tackle a long-delayed project at home. Catch up on your physical and emotional state.
- **A Chance to Get Creative** – Make or bake Christmas Gifts, give an I.O.U. to a neighbor to help with yard chores or join a new fitness class.
- **Volunteer Opportunities** – Donate your time to charitable organizations in need of extra help during the holidays. Help out in a soup kitchen, toys for tots, visitations to the elderly, Christmas caroling are a few ideas.

Being content to spend time on your own can be a sign of good mental health. How well do you stack up? Mentally healthy people have the following characteristics:

- Sense of contentment
- Joy for life and ability to laugh and have fun
- Ability to deal with stress and bounce back from tough circumstances
- Sense of purpose in their activities and relationships
- Desire to learn new things and ability to adapt to change
- Let go of expectations and substitute new ones
- Balance between work and play, between getting rest and being on the go
- Ability to find and cultivate fulfilling relationships
- Self-confidence and strong self esteem