



# WINTER WELLNESS GUIDE



**It's okay to have mixed feelings about the holiday break.** Some of us love the holiday season while others of us don't - maybe it brings up bad memories, sadness, or loneliness. There is no right or wrong way to feel. Whether it is a joyful or difficult time for you, it is a good idea to take this time to practice self-care.

## **EMOTIONAL SELF-CARE**

Become aware and identify how you are feeling during this time. You can try writing in a journal to let out all of your thoughts and feelings. Another form of emotional self-care is staying connected. Stay in touch with your friends and family that you trust and love.



## **SPIRITUAL SELF-CARE**

Meditation has been shown to calm our nervous system. Another great way to take care of our spiritual health is to connect with nature. Go on a walk or hike with loved ones and observe what is growing around you.

<https://www.mindfulnessforteens.com/>

<https://youtu.be/ZToicYcHIOU>

## **PHYSICAL SELF-CARE**

Did you know that exercise can have a positive impact on anxiety and depression? Taking a walk can help you feel better physically and emotionally. Go for a walk, run, or look up an exercise video. What you eat can also affect your mental health. Try adding more fruits and vegetables to your plate.



## **YOU ARE NOT ALONE**

If you are experiencing a crisis and need someone to talk to, use the following resources:

- Text or Call 988 to reach the the National Suicide Prevention Hotline.
- Call the Teen Line at 800-852-8336 or text 310-855-4673 to confidentially speak to another teen.

VERDUGO HILLS WISHES YOU A  
HAPPY AND SAFE WINTER BREAK!