

Houston County Health & Wellness

December 2022 Edition

Generosity and Holiday Stress

GENEROSITY QUOTE

“Happiness doesn’t result from what we get, but from what we give.”

~ Ben Carson

DID YOU KNOW?

88% of Americans feel the holiday season is the most stressful time of year.

REASONS FOR HOLIDAY STRESS

- Expenses related to the holiday season.
- Hassles of traveling long distances in short periods of time.
- Too many obligations/social events
- Overeating/Too many sweets
- Grief triggered by the recent passing of family members or loved ones who passed away during the holidays.
- Children’s wishes that cannot be fulfilled.

WAYS TO HANDLE HOLIDAY STRESS

- Manage your expectations-Give yourself and those around you some grace.
- Take care of yourself and your family-Don’t overextend obligations to attend holiday affairs. It is okay to Say No.
- Keep healthy habits-This may include going on a daily walk, getting a good night’s rest or staying hydrated.
- Create new traditions that work for you and prioritize your mental well-being.
- Reach Out-If you need more support or assistance, either emotional or physical help with specific holiday tasks, ask your friends or family.

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GENEROSITY CHALLENGE

The holiday season is also known as the "Season of Giving".

Let's give each other more kindness! It is Free!

I challenge you to complete an act of kindness each day of December!



Acts of Kindness Christmas Calendar for Kids

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Compliment someone	2 Pick up litter in your neighborhood	3 Make cards for nursing home residents	4 Make someone laugh	5 Fill a bag with books to donate to the library	6 Introduce yourself to someone new	7 Make a card for a school staff member
8 Hug someone.	9 Write a letter to a military member	10 Mail a postcard to a friend or family member	11 Let someone get in line ahead of you	12 Fill a box with toys to donate to charity	13 Draw a picture for mom or dad	14 Leave a friendly note where someone will find it
15 Thank someone for making a difference	16 Collect loose change & donate it	17 Clean up a mess you didn't make.	18 Hold the door for someone.	19 Fill a bag with clothes to donate	20 Share something with someone else.	21 Write a friendly message with chalk on a sidewalk
22 Smile at everyone you see today	23 Make a bird feeder	24 Call a long-distance relative	25 Write thank you notes for your gifts	26 Tell someone all the reasons you like them	27 Tell a stranger to have a nice day	28 Help make dinner
29 Do a chore for someone else.	30 Make a list of things you're thankful for	31 Do a chore for someone else.				