

# A Transition House HOLIDAY HELPER



## *Christmas Spirit in the Air... Time to Focus on Self-Care!*

The holiday season and all the festivities have made its way into our lives everywhere we go. "Have a holly jolly Christmas!" is yelled near and far, Walmart has "All I Want for Christmas is You" on repeat, and it seems everyone is talking about their plans for the holidays. Wherever you go in December, you can pretty much plan to be approached with holiday spirit big and small.

Surface level, it may appear to be "the most wonderful time of the year," but it can generate a lot of stress. Now, I'm not talking about scrambling around for presents, or about hearing Frosty the Snowman 872 times in one grocery trip. This time of year can take a toll on us mentally, so it is important to take care of ourselves. The purpose of this mini newsletter is to serve as a reminder of exactly that.



Links from images:  
<https://www.leagendersfitness.com/news/how-to-manage-stress-over-the-holidays>

<https://livingresilientlyblog.wordpress.com/2018/12/24/self-care-at-christmas/>



# 12 Days of Self Care

1. Give yourself permission to have a rest day!
2. Go for a walk
3. Watch a movie and drink hot coco
4. Google journal prompts to do
5. Decorate some cookies
6. Meditate/ deep breathing
7. Start that task you've been putting off
8. Sit outside and take it all in
9. Journal what you are grateful for
10. Cook your favorite recipe
11. Call a friend or family member
12. Look at pictures of cute animals

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*Looking forward to supporting you  
in the New Year,*

TRANSITION HOUSE  
STAFF

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# HOLIDAY RECAP

and upcoming events



Transition House staff and clients showing off their gratitude chain for Thanksgiving!

THE HOLIDAY  
PARTY IS  
DECEMBER  
15TH FROM  
3:00-5:00PM  
IN THE DROP  
IN CENTER!



LET KAYLEE  
KNOW IF YOU  
NEED A RIDE!  
-  
405-360-7926





— To our incredible funders and donors —

# Thank You!

*Your impactful generosity and kindness  
means the world to our organization!*

***Happy Holidays,  
TH Staff***

