



# Taking Care During Difficult Times

## Make The Most of This Holiday Season

This year's celebrations may not be the same as years ago, but it can still be wonderful in new & different ways. While there may be some added challenges, here are some tips to help you & your family enjoy the holidays to the fullest.

### Stay Connected

- Limit social events in your home to your [Steady 20](#). Follow provincial guidelines for [Holiday Events & Gatherings](#).
- Stay connected to family, friends, & community - Call, text, video chat, or send holiday cards, etc.
- Check in with others who live alone or may be struggling. Encourage them to seek support.

### Keep Traditions & Memories Alive

- Start new traditions or continue old ones (e.g., themed pjs, Christmas sweaters, movies, sing carols, holiday music, baking, etc.).
- Find a way to include missed family & friends (e.g., memory ornaments, connect virtually).
- Share traditions with others.

### Practice Mindful Eating & Enjoy Food

- Make food choices based on your hunger levels.
- Think about your drink. Non-alcoholic & alcoholic drinks can add sugar, sodium or saturated fat.
- Think beyond food to celebrate. Celebrate with activities you enjoy. Take a hike, play a game, ski, snowshoe or just admire the holiday lights.

### Take Time to Relax

- Embrace changes created by the pandemic. Slow down & enjoy less hustle & bustle this season.
- Do activities you enjoy & try new ones.
- Space out planned activities & leave unplanned time for rest.
- Do something that's just for you. Give yourself the gift of wellness. Visit [Bridgethegapp.ca](#) for resources. Share the gift with others.

### Plan for Holiday Stress

- The holiday to-do list can be overwhelming. Pick what's important for you & skip the rest.
- It's okay to say "No, thanks" or "Not right now" if you are feeling stressed or overwhelmed.
- You don't have to do everything yourself, make it a family activity or ask for help.
- Turn your holiday chores into mindfulness activities (e.g., gift wrap, tree decorating).
- Set priorities to stay on budget - gifts, food, & decorations. It's easy to overspend.
- A change in routine can add to stress, find balance by keeping a meal & sleep schedule.



## Celebrate Safer

- Enjoy alcohol-free activities & hobbies.
- Alcohol & cannabis products vary in strength. Always read the label.
- Store alcohol, cannabis & other drugs safely, away from children & youth.
- Reduce health risks by drinking no more than:  
Women - 10 drinks/week & 2 per day;  
Men - 15 drinks/week & 3 per day.
- Check your habits at [CheckItOutNL.ca](https://www.checkitoutnl.ca).
- Know your limit & stick to it. Pace yourself.
- Stick to one: Mixing alcohol, cannabis, or other drugs can be risky.
- Be a responsible host: offer non-alcoholic drinks. Respect people's choice not to use or drink.
- Plan a safe ride home or stay the night.
- Carry Naloxone & let others know you have it. Get a free kit - Call 811.

## Zero's The Limit

- When you're responsible for the safety of others (e.g., children).
- When driving a recreational or motorized vehicle.
- When pregnant or planning to be pregnant.
- When taking medication or drugs that may interact.

## The Holidays During Recovery

- Stay connected with supportive family, friends, & community supports.
- Identify warning signs & avoid/plan for triggers (people, places, & things).
- If you are in recovery & experiencing stress, reach out for help.

For more safer use tips, check out:

[Canada's Low-Risk Alcohol Drinking Guidelines](https://www.healthycanada.ca/low-risk-alcohol-drinking-guidelines)

[Canada's Lower-Risk Cannabis Use Guidelines](https://www.healthycanada.ca/low-risk-cannabis-use-guidelines)

# You are not alone. We're here to help.



Bridge the gapp.ca

- CHANNAL Warm Line
- Mental Health & Addictions Systems Navigator
- Domestic Violence Helpline
- Provincial Opioid Toll-Free Line
- Healthline
- Mental Health & Substance Use Self-Screening

For emergency or crisis support, please call 911 or:

- Provincial Mental Health Crisis Line
- Crisis Text Line
- Kids Help Phone

Not sure who to call? Help Starts Here.

Call the [office in your area](#) for counselling options.

Check out the new [E-Mental Health](#) options from the comfort of your home

1-855-753-2560

9 am – 12 midnight

1-877-999-7589

8:30 am-4:30 pm Mon-Fri

1-888-709-7090

Call or Text

1-844-752-3588

8:30 am-4:30 pm Mon-Fri

811

24 hours; 7 days/week

[www.CheckItOutNL.ca](https://www.CheckItOutNL.ca)

1-888-737-4668

24 hours; 7 days/week

Text 'Talk' to 686868

24 hours; 7 days/week

1-800-668-6868

Call 211 for local community/government programs & services. 24 hours; 7 days/week

For more information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19/>

