



Taking Care During the **Holidays**

Tips to Help you Enjoy the Holiday Season.

Plan for the 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" to take the pressure off.
- You don't have to do everything yourself, make it a family activity or ask for help.
- Set priorities to stay on budget - gifts, food, & decorations. It's easy to overspend.
- Embrace imperfection & set realistic expectations.

Make Connections

- Spend time with others & find ways to connect. Visit, call, text, video chat, or attend events.
- Reach out to those in need & share kindness (e.g., donate to charity, bake cookies for a friend, or shovel the neighbour's walkway).
- Check in with others who live alone or may be struggling. Encourage them to seek support.

Keep Traditions & Memories Alive

- Share new or old traditions with others (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).

Take Time for Fun & Relaxation

- Do activities you enjoy & try new ones – list things that bring you joy & do one everyday.
- Think beyond food to celebrate. Celebrate with activities you enjoy. Take a hike, play a game, ski, snowshoe or just admire the holiday lights.
- Slow down & enjoy less hustle & bustle.
- Space out planned activities & leave time for rest.
- Find balance by keeping a meal & sleep schedule.

Be Mindful to Enjoy Every Moment

- What are the little things that make the holidays meaningful? Take time to notice your senses: sight, sound, taste, smell, & touch.
- Turn your holiday tasks into mindful activities (e.g., gift wrap, tree decorating, cooking).
- Practice mindful eating & enjoy food. Make food choices based on your hunger levels.

Celebrate with the Gift of Wellness

- Do something that's just for you - take an online mental health or substance use self-screening & keep yourself well at [CheckItOutNL.ca](https://www.checkitoutnl.ca).
- Check out other online wellness tools at nl.bridgethegapp.ca.
- Give the perfect gift to family and friends. Show them you care by sharing online wellness tools.



Celebrate Safer

- Aim to drink less. Any reduction in alcohol use helps to lower health risks, every little bit counts.
- Take breaks or “days off” from alcohol or drug use.
- Choose alcohol-free or lower-alcohol drinks.
- Drink slowly & stick to your limits.
- Drink lots of water.
- Eat before & while using alcohol & other drugs.
- Use all new drug supplies every time. Get free supplies from the [Safe Works Access Program](#).
- Plan a safe ride home or stay the night.
- Store alcohol & drugs safely, away from kids & teens.
- When pregnant or breastfeeding, no alcohol or drugs is the safest option.

For more safer use tips, check out:

[Canada’s Guidance on Alcohol & Health](#)
[Canada’s Lower-Risk Cannabis Use Guidelines](#)

Opioids, Fentanyl & Naloxone

- If you use opioids or unregulated drugs (e.g., cocaine) you are at risk for opioid or fentanyl poisoning.
- Carry Naloxone & let others know you have it.
- Mixing drugs increases the risks.
- Avoid using alone or call [NORS](#) – 1-888-688-6677.

Get your FREE Naloxone kit.
Visit a [distribution site](#) or call 811.
Learn [How to Use Naloxone](#).



The Holidays During Recovery

- Stay connected with supportive family, friends, community supports, & [peer support groups](#).
- Identify warning signs & avoid/plan for triggers (people, places, & things).
- If you are struggling or feeling overwhelmed, reach out for help.

You are not alone. We’re here to help.

Bridge  the gapp.ca

Newfoundland and Labrador’s ‘go-to’ website for mental health and addictions information, service directory, and access to online programs.

doorways

Quick access to mental health and addictions counselling services with no waitlist. Drop-in or call the [office in your area](#) to discuss available options.

811
HEALTHLINE

Mental Health Crisis & Gambling Help is provided by the [HEALTHLINE](#). Call 811 for free, confidential support, find [Doorways](#) and Naloxone Kit locations.

CheckItOutNL.ca

Mental Health & Substance Use Self-Screening Tools.

- Suicide Crisis Hotline
- Lifewise Peer Support Warm Line
- Crisis Text Line (Youth)
- Kids Help Phone
- Domestic Violence Helpline
- First Nations & Inuit Hope for Wellness Help Line
- First Responders Warmline
- Provincial Opioid Toll-Free Line
- Mental Health & Addictions Systems Navigator

Call or Text 9-8-8
1-855-753-2560
Text CONNECT to 686868
1-800-668-6868
1-888-709-7090
1-855-242-3310
1-709-237-4180
1-844-752-3588
1-877-999-7589

For immediate help, call 911 or go to your local Emergency Department.

