

## Supporting Mental Health & Well-Being During the Holiday Season

December brings celebration, connection, and reflection — and sometimes stress, fatigue, and pressure to “make it all perfect.” As educators and school-based mental health providers, we are often giving more during this time of year. A healthier holiday rhythm is about choosing what restores you, not what drains you.



### A Healthier Holiday Rhythm

Try focusing on practices that refill your energy instead of adding another task to your list:

**Choose Connection, Not Obligation:** It's okay to simplify plans or say “not this time.” Prioritize who and what genuinely matters.

**Honor Your Pace:** Rest isn't something you earn later — it's part of how you do your work well. Protect slower moments.

**Create “Quiet Joy” Moments:** Read, stretch, sip something warm, step outside for five minutes, sit in silence, or listen to one song you love. Tiny resets count.

**Set Boundaries with Screens & Expectations:** You don't have to respond right away. You don't have to post it. Presence is more powerful than perfection.

### Reflective Holiday Questions

Use these with yourself or with students/teams:

- What brings you peace during the holidays?
- What can you say “no” to this month?
- Which moments actually feel meaningful to you?
- What small thing can you let go of to make room for something better?



### A Note for School Staff

You spend the year investing in others — learning needs, emotional needs, behavioral needs, family needs.

This season, consider one question:

**How can I treat myself with the same compassion I offer my students?**

You don't need a perfect plan — just permission to restore.