

## **December Mental Health and Wellness Theme:**

### ***Give yourself the gift of Self-care***

December is a busy month for everyone. It is common for people's stress, anxiety, depression, etc to increase during the winter holiday season. [Click here](#) for more information. Please remember to take care of yourself during this busy time. Read below for the benefits of giving yourself the gift of self-care and how to take some things off your TO-DO LIST!

#### **Check out how to Tame Your To DO List!**

Boundaries around the time teachers spend in the classroom have been blurred even more than normal. To-do lists has grown out of control. The expectations and responsibilities for teaching have expanded.

[Click Here](#) to read more on how to shift your mindset around your always growing TO Do list  
Not in the mood to read? That's okay - follow the link for a podcast and hear how to "Tame Your Out-of-Control To-Do List"

**With each task  
on your to-do list,  
you can either:**



**TRASH:**  
Just stop doing it!



**TRANSFER:**  
Delegate it.



**TRIM:**  
Do it less often or place boundaries around it.



**TREASURE:**  
Keep it!



#### **Check out 4 ways to Give yourself the gift of**

**self-care - [Click Here](#) to check out all the tips on how to give yourself the gift of self-care.**

“It’s the most wonderful time of the year! It’s also the season when we are juggling everything. Work-life balance? Try work-life-*holiday* balance. Having that extra ingredient in the mix can be challenging.”

1. Schedule Mandatory Me-Time
2. Hit the Gym
3. There’s No One More Important Than You
4. The FOMO (Fear Of Missing Out) Factor is Overrated

