

DECEMBER 2023



THE MONTHLY THRIVE



Combatting Winter Blues

The “winter blues” can be more than just that, they can be an indication of something called Seasonal Affective Disorder (SAD). This is real and can effect anyone, especially during the winter months when there is less sunlight.

To help symptoms of SAD, eat well balanced meals, be around light and sunlight whenever possible, exercise, get enough sleep, and visit and talk to loved ones.

Click [HERE](#) to read more on SAD

Community Events/Dates

- 12/7 - First Night of Hanukkah
- 12/9 - Cocoa/Rockledge Holiday Parade
- 12/16 - Jingle Bell 2 Miler
- 12/23 - Run Run Santa 2 Miler
- 12/25 - Christmas Day
- 12/26 - First Day of Kwanzaa
- 12/31 - New Years Eve

Click [HERE](#) for additional family friendly events this December.



Presence Over Presents

While it can be easy to get caught up in the chaos of buying gifts for all of our loved ones this season, take a moment to reflect on the impact your presence has over physical gifts. When you think back to the holidays, can you remember each gift you received over the years? Or do you think of memories from past years with your friends and family? Our physical and emotional presence is a much more influential gift and than a material present will ever be.



Sleigh Away Stress By Setting Boundaries

Do you ever dread this season because of all of the obligations you’ve agreed to? Help yourself to enjoy the holidays again by setting healthy boundaries.

- It’s okay to say “no”
- Allow for flexibility
- Communicate your feelings
- Use “I” statements
- Be direct
- Stick to a budget
- Make time for yourself
- Be okay with walking away
- Focus on quality time over gifts

