

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

DECEMBER 2024

The Greatest Gifts of All

The holidays that take place throughout December usually involve gift giving; however, we can give to others without offering up physical gifts. Try some of these no cost gifts:

- Be emotionally present
- Spread joy and holiday cheer
- Offer to help prepare the holiday meal
- Spend some time with the children in your family to give their parents a few hours to themselves
- Call a friend or family member whom you haven't talked to in a while
- Share your favorite book with someone
- Offer to stay and help clean up after your holiday celebration
- Plan one-on-one time with your loved ones
- Share your favorite recipes



Reflecting on Your Year

As we wrap up 2024 this month, how are you reflecting on your year? While we can benefit from recognizing our struggles and moments that we can grow from, it's also important to celebrate our accomplishments and successes, big and small. Here are some ideas to help you reflect on 2024:

- Share your favorite memories of the year with your friends and family
- Look through your photos from this past year
- Read through notes you added to your phone
- Make a list of your 3 biggest learning moments and your 3 biggest successes
- Write down what you're most thankful for from 2024
- Think about what goals you accomplished
- Don't forget to remember all of the small successes that came between the big ones

Dates and Events

- 12/7 - 12/8 - Cocoa Village Winter Holiday Art & Craft Fair
- 12/14 - Reindeer Run 5K
- 12/25 - First Night of Hanukkah
- 12/25 - Christmas Day
- 12/26 - First Night of Kwanzaa
- 12/31 - New Years Eve



Click [HERE](#) for community events and links

988 SUICIDE & CRISIS
LIFELINE

A Journey to Resilience
A program of Space Coast Health Foundation
& Lifetime Counseling Center