

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

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December Declutter

Many people wait until January to tidy their home and life, but decluttering this December can help you to start off your year right. Here are some ideas to try this month:

- Clean out at least one junk drawer
- Before gifting clothes, pull out 5 pieces to donate
- Trash or donate the holiday decorations you aren't using anymore
- Before new toys arrive, clear out broken or outgrown ones
- Clean one small space per weekend
- Delete unused apps
- Unsubscribe from unwanted emails



Winter Wellness

Winter can be a fun and exciting time of year, but it can also bring risks to our mental and physical wellbeing. Consider implementing these ideas to stay healthy this winter:

- Set boundaries to keep your peace
- Focus on well-balanced and nutritious meals
- Set aside time for self care
- Stay hydrated even if you don't feel thirsty
- Don't empty your bank account trying to buy gifts - holidays are more than presents
- Moisturize your skin and use a humidifier
- Wash your hands regularly
- Practice saying "no" to events that don't bring you joy
- Prioritize your sleep schedule
- Make a list of your holiday priorities and "to-dos"
- Engage in mindful eating habits



Dates and Events

- 12/14 - 12/22 - Hanukkah
- 12/22 - 1/2 - BPS Winter Break
- 12/24 - Surfin Santa @ Cocoa Beach
- 12/25 - Merry Christmas
- 12/31 - New Year's Eve
- 12/26 - 1/1 - Kwanzaa



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