



DECEMBER 2023

Finding Happiness & Peace

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Mental Health Awareness Calendar

- National Stress-Free Family Holidays Month
- Seasonal Depression Awareness Month
- International Day of Persons With Disabilities (Dec. 3)
- Human Rights Day (Dec. 10)

3 Try to let go of any expectations and turn your attention to what you appreciate.

4 Shut down negative self-talk.

5 Drop off old blankets & pillows at a nearby animal shelter.

6 Find a place outside to lay down and take in the sky for 5 minutes.

7 Try using anchoring statements during times of stress.

8 Bake a treat for you, a friend, or a pet.

9 Take a walk to clear your head.

10 Do a quick puzzle game, especially if you're having trouble focusing.

11 Make space for the things that matter in life.

12 Feeling anxious? A good night's sleep can help.

13 Take time to enjoy a warm cup of cocoa while listening to your favorite music.

14 Try the 10-finger gratitude exercise.

15 Give yourself a pat on the back for making it through the semester!

16 Start new traditions with your family or friends.

17 If you find your anxiety creeping up about a specific past or future event, try the 7-7-7 exercise.

18 Lend an ear - listen to someone who is having a bad day.

19 Watch the sunrise or sunset.

20 Do something artsy or crafty.

21 Reach out to someone in your support network.

22 Do a random act of kindness today & observe how you feel about it.

23 Eat what you can. Don't forget to practice mindful eating.

24 Enjoy caroling with friends and family.

25 Take a break from social media and enjoy being present with loved ones.

26 Prioritize some me time so you can relax and reflect on how you're feeling.

27 Instead of thinking and ruminating, it's okay to feel & embrace your feelings.

28 Reflect on someone who inspired you to become your best self.

29 Make a list of your accomplishments from this semester (or year).

30 Make a list of your accomplishments from this year. Think positive thoughts about the year to come.

Dates to remember

- Events**
- December 11th - **Homework Halftime** Body Scan Meditation
 - December 12th - **Homework Halftime** Blackout Poetry
 - December 13th - **Homework Halftime** Luxe Hot Cocoa
 - December 13th - NAMI-OC's Holly Jolly Pajama Party
 - December 14th - **Homework Halftime** Gratitude Advent Calendar
 - December 14th - **Happy Hour** Scentational Self-Care
 - December 20th - **Happy Hour** Gingerbread Build-A-Thon
- Register: namiocevents.eventbrite.com

- Resources**
- OC Warmline call/text - (714) 991-6412
 - National Suicide Prevention Lifeline - 988
 - Teen Line - (800) 852-8336 Text "teen" 839863
 - Trevor Project - (866) 488-7386
 - Crisis Text Line - Text HOME to 741741
 - OC Navigator website - ocnavigator.org
 - NAMI-OC Website - namioc.org
 - Call for info on current programs - (714) 544-8488

