



Preparing for the Holiday Break

December 2020

With the holiday break just a couple of weeks away and this year's winter break being perhaps more important than ever, setting clear intentions and goals before the holiday may help you get in front of your preparations.

Here are a few strategies that might help you better prepare for this important holiday downtime:

1. Be clear on your intentions

This upcoming holiday has been long awaited and highly cherished for many, given how much energy has gone in to adapting to the Fall. With all the COVID-19 challenges we've had to navigate on top of an already busy job, it's been very taxing for most! Take some time before the holiday to be clear on how you can best enjoy this break. Set realistic goals and establish healthy boundaries to ensure you and your loved ones' priorities are honoured. Every day can contribute to your recovery from fatigue and the sensed inequity of giving to others and neglecting ourselves.

2. Rejuvenate and replenish

Develop a loose daily routine that ensures you have plenty of downtime, good nutrition and exercise. You've worked so hard to get to this break - so make sure it meets your overall health needs first. Set realistic goals you can use as guidance and turn your focus towards yourself and loved ones. Look to 'be' more and 'do' less. We all envision how we can best enjoy this break away from the busy work schedule - this is your chance to act on it.

3. Stay socially connected - safely!

With COVID-19 restrictions leaning towards less in-person contact with family, close friends, and community over the holiday season, it is important we find ways to reach out and connect. It's amazing how much energy

and anchoring we can get by connecting with loved ones over the phone during this time. Identify people you wish to make sure you have a chance to communicate with and share a few laughs and virtual hugs. Get outside, stay safely socially distanced and enjoy some fresh air. These interactions reinforce our sense of community, belonging and well-being. We all long for in-person contact; be safe and be wise. We will get to the other side of this soon enough!

4. Mind yourself!

It can be easy to find yourself regularly overindulging in a multitude of ways during the break. With all of our pent up need for self-nourishment, freedom and play, it's easy to just let it flow and flow and flow. Be mindful of what you wish for yourself during your break and pace yourself. That's not to say don't have fun or let loose! It's more of a suggestion to be selective about when and how often you do. This is a chance to get topped up. Find the right balance for you and be caring of yourself in the process. Enjoy!

Please reach out to the [BCPVPA EIP Program](#) should you seek support and guidance around remaining professionally well during this challenging time.

Seasons greetings! With great respect and admiration,

Jack MacNeill
President
humanworks consulting group inc.

Jack is a registered clinical counselor and organizational counselor who has worked in the education sector, specifically with teachers and school leaders, for more than 25 years. He is the founder and president of humanworks consulting group inc.

Jack's column appears in BCPVPA's eNews the first Friday of each month.