

Enter Into the Holiday Season with Self-Care

November is the start of the holiday season! Activity directors and staff provide, initiate, and coordinate these festivities in skilled nursing facilities. You all bring joy and happiness to your residents and to other staff members as well. While you create fun for your residents and co-workers, be sure to also take care of yourself.

Self-care is taking actions to preserve or improve your health and wellbeing. It is essential for mental, emotional, and physical wellbeing. Regular self-care helps you stay healthier and happier and reduces risks of illness and injury in the long term.

Take time to look after your needs. Identify personal activities that increase your sense of wellbeing. One approach can be making a list of activities you enjoy, choose the top three, and include them in your weekly schedule.

A few ideas to maintain self-care follow. Express emotions openly, move your body, still your mind, spend time outside, and set healthy boundaries with family and friends. You might also consider eating healthy and staying hydrated.

Enjoy the upcoming holidays and remember to be as kind to yourself as you are to others. You are worth it.

November Holidays & Observances

Native American Heritage Month, World Diabetes Awareness Month, National Deviled Egg Day (11/2), Election Day (11/5), National Stress Awareness Day (11/6), Veteran's Day (11/11), World Kindness Day (11/13), National Gingerbread Cookie Day (11/21), Thanksgiving (11/28).