



SUDBURY
CATHOLIC
SCHOOLS

Well-Being
**Advent
Calendar**

DECEMBER 2023



Well-Being



01

Physical Well-Being

02

Social Well-Being

03

Mindfulness

04

Social Well-Being

05

Emotional Well-Being

06

Random Acts of
Kindness

07

Festive Fun

08

Self-Care

09

Festive Fun

10

Self-Care

11

Social Well-Being

12

Festive Fun

13

Emotional Well-Being

14

Physical Well-Being

15

Social Well-Being

16

Intellectual Well-Being

17

Self-Care

18

Physical Well-Being

19

Spiritual Well-Being

20

Physical Well-Being

21

Spiritual Well-Being

22

Self-Care

23

Social Well-Being

24

Spiritual Well-being

25

Digital Detox

Well-Being

calendar



- 01 Guided Exercise**
Watch a guided meditation or yoga video on YouTube.
- 02 Support the Community**
Watch the Christmas Telethon (CTV).
- 03 Mindfulness Colouring**
Enjoy a merry + mindful colouring session.
(See attached sheet.)
- 04 Social Connection**
Reach out to a long distance friend.
- 05 Gratitude Journaling**
Journal about all the great things in your life that you are grateful for or define who you are.
- 06 Random Acts of Kindness**
Do something nice for someone else. Doesn't it feel great?
- 07 Music Playlist**
Create a positive holiday playlist.
- 08 Self-Care**
Spend some time pampering yourself and apply a face mask.
- 09 Explore**
Browse neighbourhood Christmas lights by driving or walking around.
- 10 'You' Time**
Wear your favourite pyjamas and enjoy a cozy night in.
- 11 Friendly Fire**
Gather around a warm bonfire with loved ones.
- 12 Decorate**
Listen to festive music, while decorating or organizing a space in your home.
- 13 Spread Cheer**
Send heartfelt messages in cards to your loved ones.
- 14 Nature Walk**
Bundle up and go for a winter stroll.
- 15 Social Connection**
Arrange to meet a friend for coffee or hot chocolate.
- 16 Creative Expression**
Enjoy an afternoon of crafting, baking or learning a new skill.
- 17 Movie**
Watch your favourite Christmas movie.
- 18 Nourish**
Try baking a new recipe on your own or with loved ones.
- 19 Read**
Read a prayer, book or poem celebrating Christmas.
- 20 Outdoor Time**
Play outside in the snow.
- 21 Give Back**
Volunteer your time for a good cause.
- 22 Rest**
Take a long winters nap.
- 23 Social Connection**
Join friends for a night of caroling.
- 24 Faith**
Attend Christmas Eve Mass and celebrate the birth of baby Jesus.
- 25 Digital Detox**
Unplug and enjoy the magic of the season.

Featured Article

Holiday Mental Wellness Tips for Parents




The following content was written by Children's Mental Health Ontario with clinical advice provided by Children First, Crossroads Children's Centre and Central Toronto Youth Services.

Many Ontario families will be juggling more than just the normal stress of challenging relatives and shopping this holiday season, with one in five Ontario children and youth suffering from mental health issues and over half of Ontario parents having had concerns over their child's anxiety. The holidays can be stressful for all families but are an especially trying time for children who have previously, or who are currently, struggling with behaviour or mental health issues.

This time of year can bring up negative feelings for kids who have suffered a traumatic event or can be a renewal of grief for those who have lost loved ones. People and parties and changes in routine can cause an increase in anxiety for some kids, and reduced sunlight and time outside can also trigger bouts of depression or seasonal affective disorder.

TIP OVERVIEW

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- ✓ **Plan your schedule in advance.**
 - ✓ **Make sure everyone is eating and sleeping.**
 - ✓ **Have realistic expectations.**
 - ✓ **Communicate openly about feelings with your child.**
 - ✓ **Find a quiet place and plan for boredom.**
 - ✓ **Don't worry about other people's judgments.**
 - ✓ **Take care of you.**

Leiva, K. (2020, May 20). Family mental wellness tips from children's Mental Health Ontario for the holiday season - Children's mental health ontario. CMHO. <https://cmho.org/family-mental-wellness-tips-from-childrens-mental-health-ontario-for-the-holiday-season/>

Holiday Mental Wellness Tips for Parents:



Plan your schedule in advance.

Allow your child the prep time to prepare for what will happen before an event, party, or outing. Share with them who will be at each event and where you are going, and try to answer all their questions. Discuss what situations may arise and devise a plan that will work for all of you. If your child is a teenager, you can discuss and negotiate what the plan will be.



Make sure everyone is eating & sleeping.

Especially for your younger children, try not to vary too widely from mealtimes and sleeping routines. This may not be plausible all the time. But do your best. For teenagers, try to ensure they go to sleep and wake up at reasonable hours; it's not a school day, but sleeping until 2 pm and going to bed at 3 am isn't recommended.



Have realistic expectations.

Things don't need to go perfectly; adjust where needed. For example, does it make more sense for your family to spend one hour at the party rather than five hours?



Communicate openly about feelings with your child.

Discuss with them how they feel or what's making them anxious. Be available throughout any outings or parties so they know they can come to you for support if needed. A little one-on-one time throughout the holidays will help you better understand how your child is feeling.



Find a quiet place and plan for boredom.

Find a spot during a holiday activity or party where your child (or you) can take a break. Don't force your child to interact with other kids or adults if they don't want to. Let them have that time on their own to regroup. Bring books or a bag of special toys if your child is young. If your teenager needs to decompress with a game on their phone, that's ok. Check in periodically with how they are doing to ensure everyone is still enjoying the activity or if some quiet time is needed.



Don't worry about other people's judgments.

People may ask insensitive questions or make comments about your child's behaviour. Sometimes, they try to be rude; other times, they try to understand. Have a quick sentence or two ready that explains your child's issues. This will help you stay calm and to keep from overreacting.



Take care of you.

The holidays can be a stressful and anxious time for parents, too. Make sure that you are eating, sleeping and enjoying the holidays as well. Maintain healthy boundaries. Take time when you need it; don't feel guilty saying no when you need to. Do what is best for you and your family.



