

“The greatest weapon against stress is our ability to choose one thought over another” William James

# Royal Throne December 2022



Feel free to fill up your New Opportunities “Shake It” don’t break it, Ice melt bottles. You will find the ice melt buckets placed by the exit doors. If you didn't receive a “Shake It” don’t break it Ice Melt bottle, please see HR.

### How to WALK ON ICE

**DO'S:**

- Choose the right snow boots
- Walk on designated paths
- Slightly bend your knees
- Keep your center of gravity over your front leg
- Walk flat-footed
- Extend your arms

**DON'TS:**

- Take big steps
- Take shortcuts
- Keep your hands in your pockets
- Walk fast



## SPREADING HOLIDAY CHEER

Warm the hearts of someone special this holiday season.

We would like to thank our communities in which we serve for your continuous support of the services and programs we offer, especially during the holiday season. Without the support of our staff, volunteers, clients, and community partners, we wouldn't be able to touch the lives of thousands of children, individuals, and families throughout our seven counties: Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac.



## 7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS

- PLAN AHEAD**  
Have a plan in place for all your holiday tasks and activities.
- BE REALISTIC**  
Don't stress yourself out by trying to create the perfect holiday.
- STAY ACTIVE**  
Exercise is a great way to deal with holiday stress, and anxiety.
- DON'T WORRY**  
Don't feel obligated to complete every small thing on your list.
- JUST SAY NO**  
If you have too much on your plate, let your friends and family know.
- SET ASIDE DIFFERENCES**  
Enjoy other's company and talk about topics that bring happiness.
- ACKNOWLEDGE YOUR FEELINGS**  
Have a plan in place for all your holiday tasks and activities.

