

Mindful Memo

Week 18– December 13th - RCMA Wimauma Community Academy



Tis' the Season to be Mindful

The holiday season is often referred to as “the most wonderful time of year,” but it can also be the most stressful. Our challenge this week (and over Winter Break) is to look for opportunities to bring mindfulness and self-care into our holiday routines to truly enjoy the season and return rested and refreshed.



Acknowledge the range of emotions in others and yourself – The holidays bring joy, but for many they also bring reminders of loss, trauma, and loneliness. Acknowledge and be patient with these emotions in yourself and others. Take time to step away, breathe, and work through any negative feelings that arise. It's okay to press pause.

Reflect and Be Grateful – Spend some time this holiday break to reflect on the past year. What made you proud? For what can you give thanks and gratitude? What would you like to do differently in the coming year?

Silence perfectionism – We are our own worst critics, but the pressure to be perfect can be overwhelming during the holidays. Your home, cooking, gifts, attitude, and decorations do not have to be perfect. Give yourself some grace...or just call things “rustic” and everyone will think it's intentional. ☺

