

DECEMBER 2020

As 2020 comes to a close,
remember to take care of yourself.

The end of the year can be busy with holidays and finding ways to see family while staying socially distant. For many, it can be a tough and stressful time.

Take time to destress, declutter, and decompress to set yourself up for a fresh start in the New Year.



CSB WELLNESS, HEALTH PROMOTION AND PREVENTION


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Register for the Revive! training today at 1 p.m.	2 Start the month in a positive way: Make lists, organize your tasks, and make a self-care list.	3 Download the myStrength app. Click on 'Sign Up', and enter access code 'CSBCommunity'	4 Connect with This is Quitting program Text VapeFreeFFX to 88-709.	5 Identify the supports in your life.
December 6 – 12 is Handwashing Awareness Week and Influenza Vaccination Week						
6 Life is Better with Clean Hands.	7 Schedule a doctor's appointment to get a flu shot.	8 Visit the CDC website, print a handwashing fact sheet to share.	9 Check in with your local pharmacy to get a flu shot.	10 Make handwashing a healthy habit.	11 <i>Happy Hanukkah</i>	12 Wash your hands for at least 20 seconds, sing happy birthday twice.
13 Be aware of peer pressure; it's ok to say no.	14 Get a Check-up from the Neck-up with a free online screening.	15 Show a random act of kindness.	16 Pay attention to how you communicate with others.	17 Open the myStrength app. learn about reducing stress.	18 Identify things you are grateful for in your life.	19 Set realistic expectations for yourself.
20 Sometimes you need to put your needs first and that's ok.	21 Share the This is Quitting program with a family member or friend.	22 Take a walk outside, look around, breathe the fresh air.	23 Check in with a friend, neighbor or family member.	24 Make sure you are drinking enough water.	25 <i>Merry Christmas</i>	26 <i>Happy Kwanzaa</i>
27 Check in with the myStrength app.	28 Have you gotten enough sleep?	29 Fight the flu, encourage a friend to get a flu shot.	30 Learn about Mental Health First Aid and register for a class.	31 How can you improve your mental health next year?		
		Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering/mask. Stay Safe.				

If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confidential support, prevention and crisis resources for you or your loved ones, and best practices for professionals.



FAIRFAX - FALLS CHURCH

Community Services Board

 Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

www.fairfaxcounty.gov/csb

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