













# December

Open Enrollment / Holiday Season 📅

MON	TUE	WED	THU	FRI
				<b>1</b> <span style="float: right;">Blog post </span> Explore practical strategies and heartfelt insights in this article, ' <a href="#">How to Deal with Holiday Loneliness</a> ,' to discover meaningful ways to navigate solitude during the festive season and prioritize your mental well-being.
<b>4</b> <span style="float: right;">Reminder </span> Take time to reflect on the positive aspects of your life and the things you're grateful for. Consider keeping a gratitude journal to focus on the positive moments each day.	<b>5</b> <span style="float: right;">Celebration </span> Today is <b>International Volunteer Day!</b> Celebrate the incredible contributions of volunteers around the world, whose selfless efforts make a positive impact in communities and inspire change.	<b>6</b> <span style="float: right;">Blog post </span> Check out our blog post on, ' <a href="#">A No-Nonsense Guide to Setting Holiday Boundaries</a> ,' for forward tips and empowering insights on maintaining your well-being during the festive season.	<b>7</b> <span style="float: right;">Celebration </span> <b>Happy Hanukkah</b> to all celebrating!	<b>8</b> <span style="float: right;">Celebration </span> With <b>Human Rights Day</b> on the 10th, let's all join hands in recognition and celebrate the principles of equality, dignity, and justice for all, fostering a world where every individual's rights are acknowledged and protected.
<b>11</b> <span style="float: right;">Exercise </span> Make time for yourself amidst the holiday hustle. Whether it's reading, taking a walk, or practicing mindfulness, prioritize activities that bring you joy.	<b>12</b> <span style="float: right;">Blog post </span> With the holidays right around the corner, to keep the stress at bay, try these tips from our article on, ' <a href="#">How to Take the Financial Stress Out of the Holidays</a> .'	<b>13</b> <span style="float: right;">Tip </span> Financial stress can be a significant source of anxiety during the holidays. Set a budget and stick to it.	<b>14</b> <span style="float: right;">Celebration </span> <b>Free Shipping Day</b> not only brings the festive spirit to online shopping but also contributes to the well-being of individuals by easing the financial strain and promoting a stress-free, joyous holiday season.	<b>15</b> <span style="float: right;">Blog post </span> Discover essential insights and practical tips in our blog post, ' <a href="#">Holiday Anxiety: 5 Tips for Surviving Office Holiday Parties</a> ,' designed to help you navigate social gatherings with confidence during the festive season.
<b>18</b> <span style="float: right;">Tip </span> Plan for Alone Time: If you need solitude to recharge, schedule some alone time amidst the holiday activities. Use this time for activities that bring you peace and joy.	<b>19</b> <span style="float: right;">Exercise </span> Take time to reflect on the positive aspects of your life and the things you're grateful for. Consider keeping a gratitude journal to focus on the positive moments each day.	<b>20</b> <span style="float: right;">Reminder </span> Set Realistic Expectations: Understand that not everything has to be perfect. It's okay if things don't go exactly as planned. Don't put too much pressure on yourself to create the "perfect" holiday experience.	<b>21</b> <span style="float: right;">Blog post </span> While navigating the challenges of the holiday season, it's important to recognize the numerous mental health benefits it can offer. Explore these positive aspects further, <a href="#">here</a> .	<b>22</b> <span style="float: right;">Celebration </span> Get ready for the festive buzz of <b>Super Saturday</b> tomorrow, featuring holiday shopping, activities, and community events that create a lively, spirited celebration of the season!
<b>25</b> <span style="float: right;">Celebration </span> <b>Merry Christmas</b> to all those who celebrate from the Talkspace team!	<b>26</b> <span style="float: right;">Reminder </span> Transitioning back to regular routines after the holidays can be challenging. Start by slowly reintegrating your usual schedule to avoid feeling overwhelmed.	<b>27</b> <span style="float: right;">Exercise </span> Maintain the connections you made during the holidays. Reach out to friends and family, and continue to nurture those relationships.	<b>28</b> <span style="float: right;">Tip </span> Plan for the future: Look ahead and set realistic expectations and plans for the coming months. Having a sense of purpose and direction can positively impact your mental well-being.	<b>29</b> <span style="float: right;">Blog post </span> As the holiday hustle winds down, explore effective strategies for complete rejuvenation in this <a href="#">blog post</a> . Discover how to replenish your energy and start the new year feeling refreshed and revitalized.