



Home to School Liaison

From the desk of Kathy Donnelly

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Here are some tips for keeping away sadness over the Christmas season!

1. * Stay present in the moment
2. * Little acts of random kindness are good for the soul
3. * Practice being grateful
4. * Tell people what they mean to you and be generous with compliments
5. * Take a break; treat yourself to a nap
6. * Burn candles or scents that bring comfort
7. * Clean up clutter
8. * Bake some bread or cookies to make the house smell festive
9. * Be mindful of others that may need some comfort over these stressful times

