

EMBRACING GROWTH: FESTIVE NEWSLETTER

" IT'S BEGINNING TO LOOK LIKE CHRISTMAS." — MICHAEL BUBLE

Wow! It's December and almost New Year! My, how the time flew by fast. As the year ends, it's the perfect time to pause, reflect, and celebrate our shared journey. You've accomplished so much—from mastering new skills to supporting each other through the challenges of internship life. As we step into the holiday season, we hope you'll take time to recharge and savor moments of joy with loved ones.

The holiday season can evoke many emotions, from excitement and nostalgia to stress and longing. As psychology professionals in training, consider how this time of year impacts mental well-being:

1. **Connection and Loneliness:** While holidays are traditionally about togetherness, they can also magnify feelings of isolation. Practicing and promoting inclusion can make a difference.
2. **Year-End Reflection:** Encourage yourself and others to reflect on accomplishments rather than focusing solely on resolutions. Celebrate growth!
3. **Self-Care:** Holiday demands can be overwhelming. Remember to prioritize your mental health (rest, set boundaries, and engage in activities that recharge you).

Looking Ahead to New Year's:

The New Year symbolizes a fresh start. While resolutions are common, focus on setting intentions that align with your values and long-term goals. For example:

- Deepening your knowledge in a specific area of psychology.
- Building stronger professional relationships.
- Enhancing self-awareness and mindfulness in your practice.

I wish you a Merry Christmas and a Happy New Year. Safe travels, and I look forward to hearing about your adventures when you return! As always, if you need to contact me, my email is ag28144@compasshn.org.

