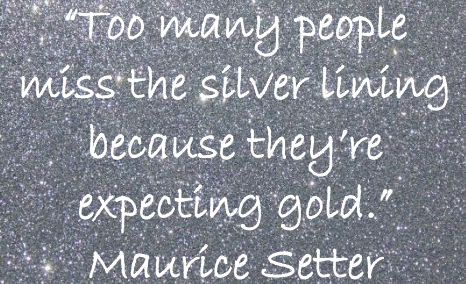


THE COLOURS OF THE SEASON

THE SILVER LINING IN A CLOUDY HOLIDAY

Silver. A more subdued sparkle, but a sparkle none the less. Silver doesn't have the brilliance of gold. Without shine, silver can actually feel quite dull and cold. A simple buff or polish helps to remove the tarnish to reveal the brilliance of this precious metal. Sometimes we can forget that some people struggle through the holidays. The brilliance of the season can feel dulled by family conflict, grief, loss, feelings of depression, financial pressures, loneliness, or social anxiety. It is important to accept and acknowledge your feelings and circumstances but also important to find ways to prevent the stress and recognize triggers of the holidays before they become a problem. Incorporate some positive thinking and/or support to find some peace during what can be a difficult season.



*"Too many people miss the silver lining because they're expecting gold."
Maurice Setter*

Volunteer, give back, engage in your community!



Find the Silver Lining

- **Make it special:** Get out the colored lights and decorations. Don't convince yourself that it isn't worth it. Taking part in the traditions you know can give you a lift and make you feel a part of the season - even when your circumstances don't.
- **Spend time doing something you love:** You may not feel up to socializing but that doesn't mean you can't have fun! Get a holiday mani/pedi, see the latest blockbuster release - solo, learn a new skill, have a coffee in your favorite coffee shop while reading a new book. Small joys in life can be your greatest gift.
- **Spend time with people who love and support you:** Dr. Seuss said it best, "Those who mind don't matter, and those that matter don't mind." You may not be the life of the party but you matter. Spending quality time with family can help make you feel secure, remind you of your values, and support you through your challenges.

A Season to Remember



When it can be difficult to find the silver lining for yourself, why not be the silver lining for someone else? Seniors can be most vulnerable to loneliness, illness, grief and loss during the holiday season. Approximately 25% of seniors in Canada live alone and many spend their last few years in long-term care. Volunteer to cook a special meal for an elderly neighbor or family member. Visit a long term care facility and engage in conversation or activities for fun and companionship. Distribute holiday cards or small gifts to the residents of a nursing home. You'll give the precious gift of time and kindness to someone who needs it most and make it a season to remember.

Sources: <https://www.betterhelp.com/advice/depression/how-to-cope-with-christmas-depression/>
<https://www.aha-now.com/why-family-time-is-important/>
<https://www.comfortkeepers.ca/loneliness-and-isolation-can-affect-senior-health-in-canada/>