The holiday season and social events can include drugs like alcohol. Be mindful of your intake. Reinforce healthy behaviors by choosing to reduce or eliminate alcohol and learn the facts about moderate drinking from the CDC.

When You're Homeward Bound

Going home (or traveling) for an extended stay can be both restful and stressful. Lay the foundation for a positive experience. Think ahead about the inevitable questions about family dynamics, friends, dating, socializing, money and goals. Share your plans for your time off and have a conversation ahead of time about expectations, schedules and COVID-19 safety. Remember to focus on the positive things this time with friends and family can bring: you were missed! Favorite foods and home-cooked meals. Familiar faces. You might even feel like an honored guest!

Indulge Responsibly

The holiday season and social events can include drugs like alcohol. Be mindful of your intake. Reinforce healthy behaviors by choosing to reduce or eliminate alcohol and learn the facts about moderate drinking from the CDC.

Surviving Winter Break

Heading home for winter break can be rough and perhaps more challenging with pandemic safety measures in place. Use this time to reconnect with yourself and others in new and creative ways. Check out ResLife's Terps Take Care article for ideas and links on managing winter break.