The global pandemic and winter season may have you seeking comfort food. Treat yourself in moderation! Savor special snacks and continue to enjoy well-balanced meals.

Grow Your Self-Esteem

Self-esteem forms from the ways we are treated and told about ourselves. Unrealistic or highly critical treatment may impact your self-worth. Practice these five strategies to strengthen your self-esteem and consider accessing services from the Counseling Center:

- Challenge thoughts and expectations about yourself and those around you.
- Tell yourself and repeat positive and realistic thoughts and expectations (even if they are hard to believe at first).
- Make a daily list of your accomplishments and strengths.
- Acknowledge what is going well and keep a gratitude list.
- Focus on your effort rather than the outcome.
- Compliment yourself and accept compliments from others.

Find more about the Counseling Center services.

Cope and Connect Substance-Free

This season, consider safe and healthy ways to connect with friends and loved ones. Try a seasonal mocktail recipe or play board games instead of drinking games. Explore alternative ways to cope with stress, like taking a walk outside or meditating. Connect with a health educator to support making safe and healthy choices this season.