Dec 12, 2018

Wellness Wednesday Tip: Self Care Over the Holiday Break

Hey everyone!

This is our last Wellness Wednesday email for 2018.

We wish you much success on any upcoming exams, presentations, dissertation defenses, theses completions, interviews and anything else that will require courage and has a deadline!

Please take the time to care for yourself both now (yes, especially during stressful times) and during the break.

To get you started, on the second page is an awesome graphic with a plethora of ideas for self-care. The author, a trauma expert, offers this self-care wheel in multiple languages on her website.

Also please see checkout the following items (after the self-care wheel):

- A local Holiday Guide for things to do over the break.
- JSHAP’s tips for managing stress during the holidays.

We look forward to connecting with you again just before the start of third term with a list of upcoming events!

Have a wonderful holiday season, and it’s a pleasure to be on a wellness journey with you!!

Warmest regards,

Jessica & Shekeitha & Kevin

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This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com
--- 47TH ANNUAL MONUMENT LIGHTING ---

THURSDAY, DECEMBER 6, 2018
MT. VERNON PLACE  |  5–8 PM

Join thousands of your friends and neighbors as we celebrate the 47th lighting of the Washington Monument in Mount Vernon Place. Come for the live music, great food and drinks, fireworks finale, and holiday cheer. It’s a family affair, including photos with Santa, crafts, and more. GoDowntownBaltimore.com

Ice Skating Rink
FOUR SEASON HOTEL
200 INTERNATIONAL DRIVE

The fifth floor Harbor Terrace has been transformed into a 1,560 square foot ice skating rink with expansive views of the city. Holiday decor and music, and treats like cocoa, spiced apple cider, and fire-roasted chestnuts make this a festive activity with a view. Fourseasons.com/baltimore

Snow Ride in 4D
RIPLEY’S BELIEVE IT OR NOT!
301 LIGHT STREET

Try 4D sledding this year with a state-of-the-art motion simulator where you actually experience every bump, dip and turn. Ripley’s.com/baltimore

Rudolph in 4D
NATIONAL AQUARIUM
501 E. PRATT ST

The Aquarium’s 4D Immersion Theater brings Rudolph and friends to life, allowing visitors to get close to the sights and sounds of the action. Tickets required. Aqua.org

PANDORA Ice Rink
Through January 21, 2019
201 E. PRATT STREET

Admission is $10 for adults and $9 for children, seniors, and members of the military. Skate rental is $4, or bring your own. Innerharboricerink.org

Christmas Village
November 22–December 24
WEST SHORE PARK

Browse 50 vendors with unique gift-ware and delicious European foods. Warm up in the heated festival tent and then stroll by the Christmas tree and outdoor vendors. Baltimore-christmas.com

Healthy First Saturday & Gingerbrick Decorating
December 1, 10am–5pm
PORT DISCOVERY, 55 MARKET PLACE

Dance and sing with Faza Fam Family Jam, explore the STEM Station, and play in the Pop-Up Art station. Plus, decorate gingerbricks with chefs from McCormick. Portdiscovery.org

The Great Jewish Bake Off
December 2, 1pm–3:15pm
JEWISH MUSEUM OF MARYLAND
15 LLOYD STREET

From mandelbrot to bagels, challah to rye, baked goods are better with a schmeer of cream cheese or butter. Immense yourself in the incredible world of Jewish baking with tastings and baking tips with Maryland’s best amateur bakers. Tickets: $4–10. Jewishmuseummd.org

Theatre Night For Teens
December 2, 5:30pm
EVERYMAN THEATRE
315 W. FAYETTE STREET

Students in grades 9–12 are invited to see The Importance of Being Earnest at this teen-only event. Tickets are $10 for dinner, artist meet-and-greet, show, post-show discussion, and dessert. Everymantheatre.org

Walters Monument Lighting Party
December 6, 5–7:30pm
WALTERS ART MUSEUM, 600 N. CHARLES

Enjoy performances, music, refreshments, and winter-inspired crafts. Head outside afterward to enjoy a spectacular fireworks display. Thewalters.org

A Christmas Carol
December 7–23
CHESAPEAKE SHAKESPEARE
7 S. CALVERT STREET

Holiday cheer and Baltimore charm: catch the spirit of the season with this original adaptation of the classic ghost story. ChesapeakeShakespeare.com

GoDowntownBaltimore.com | 410-244-1030
A Swingin’ Nutcracker
December 7 & 8
MEYERHOFF SYMPHONY HALL
1212 CATHEDRAL STREET
Show-stopping hip-hop dancers join the BSO for this fun-filled holiday concert. Tickets start at $10. BSOmusic.org

Family Second Sundays: Penny Toys
December 9, 1–4pm
MARYLAND HISTORICAL SOCIETY
201 W. MONUMENT STREET
Free drop-in activity to create penny toys. View the display of historic toys and learn about tin toys imported from Germany and sold for a single penny between 1890–1935. Mdhs.org/events

Sock Monkey Saturday
December 8, 10am–2pm
AVAM, 800 KEY HIGHWAY
Don’t let the holidays drive you bananas. Relax by making your very own sock monkey (bring two pairs of socks & scissors). Event is free, plus $2 off museum admission. AVAM.org

Wee Workers: Holidays in MD
December 11, 10:30am
BALTIMORE MUSEUM OF INDUSTRY
1415 KEY HIGHWAY
Preschoolers explore the museum’s galleries through holiday themed stories, songs, and crafts. Kids/free; Adults $5. Thebmi.org

Cookies & Cocktails
December 12, 6–9pm
HARBOR EAST
Neighborhood shops feature bitesized holiday confections. $10 ticket includes, Cookies & Cocktails ornament, free parking, photos with Santa, music, and more. Harboreast.com

Cirque Nutcracker
December 14–16
MEYERHOFF SYMPHONY HALL
1212 CATHEDRAL STREET
Acrobats, contortionists, jugglers, strongmen and aerialists join the BSO for this spectacular holiday-themed show. BSOmusic.org

Everyman Theatre’s Childcare Matinee
December 23, 2pm
EVERYMAN THEATRE
315 W. FAYETTE STREET
Take in a matinee confident that your children are looked after and supported by Everyman’s Education and Community Engagement staff. Perfect for ages 4–12 Registration: $30. Everymantheatre.org

Kwanzaa Celebration
December 29
REGINALD F. LEWIS MUSEUM
830 E PRATT STREET
African dance, storytelling, drumming performances, crafts, and fashion show, and celebration. Admission is $5. Lewismuseum.org.

Noontime New Year
December 8 & 9
Enjoy admission to Baltimore museums and attractions FOR $1 OR LESS

• Maryland Science Center
• National Aquarium
• Port Discovery Children’s Museum
• Jewish Museum of Maryland
• The National Great Blacks in Wax Museum
• Star-Spangled Banner Flag House
• Maryland Historical Society
• Christmas Village in Baltimore
• Reginald F. Lewis Museum
• Top of the World Observation Level
• Historic Ships in Baltimore
GoDowntownBaltimore.com

Noontime New Year
December 31, 10am–5pm
PORT DISCOVERY, 55 MARKET PLACE
Revelers small and tall are invited to join in festive celebrations to ring in 2019. Portdiscovery.org

New Year’s Eve Spectacular
December 31, 9pm–Midnight
INNER HARBOR AMPITHEATRE
Enjoy live music from R&B artist Alexis Joyce, family activities, and colorful fireworks at midnight. Promotionandarts.org

Visit GoDowntownBaltimore.com or call 410-244-1030 for details.

Facebook/DowntownBaltimore | Twitter/DTBaltEvents | Instagram/DowntownBaltimore | #ProudlyBaltimore
Ten Tips for Enjoying the Holidays

Our feelings about the holidays are very personal. They can cause us to feel happy, sad, or ambivalent. The holidays can also cause stress because of:

- Overscheduling, overindulging, and overspending
- Too much time with family or not enough
- Personal or family illness
- School/work demands
- Expectations of what you should do
- Seasonal Affective Disorder or Depression

No matter how you feel, the following tips can help you enjoy the holidays as much as possible.

1. **Reflect on what is important to you during the holidays.** This may change over time and thinking about what you want for this holiday season will help you make more intentional choices about how you would like to spend your time and with whom. It’s hard to have a meaningful holiday if you don’t determine ahead of time what will give it meaning.

2. **Make a plan as early as possible about what you will do during the holidays.** Try to plan at least one activity that is important to you for each holiday that you celebrate. Feel free to initiate activities with family and friends. Consider volunteer activities. Making a plan well in advance can give you something to look forward to and help you feel a greater sense of control.

3. **Communicate clearly how others can assist or support you.** Accept offers to help shop, wrap, or cook. Some people may not know how best to help, especially if your needs and desires have changed from last year. Most people are happy to help as long as they understand clearly what you want and they have enough time to provide the support.

4. **Maintain a healthy lifestyle.** Try your best to make good food choices and relax to restore energy. Your endurance will be better if you can stick to your daily routine as much as possible, including exercise.

5. **Manage your spending.** It’s easy to feel the pressure of consumerism during the holidays. Decrease the financial stress by making and sticking to a budget. Thoughtfulness need not come with a hefty price tag. Gift solutions include reducing the number of gifts, initiating a gift exchange; giving to a favorite charity in family members’ names, and providing gift certificates for babysitting, snow shoveling, a home-cooked meal, or time together. Gift cards can also be purchased for small amounts and the receiver will enjoy thinking of you as he or she enjoys a cup of coffee or music download “on you.”
6. **Monitor alcohol and medications – individually and together.** It’s easy to overindulge in alcohol during the holidays. Moderation is key so that your balance and emotional well-being are not negatively impacted. If you do not usually drink alcohol, consider beforehand how alcohol and your medications may interact, especially if you’re taking a new medication or an increased dose. Maintain your daily medication schedule. Missed doses can cause you to feel less than your best and in some cases can cause a medical issue that requires emergency care.

7. **Manage your expectations for family gatherings.** When multiple generations and multiple families celebrate together, it can be challenging to feel heard and understood. Be clear about what you need the most and flexible about the rest.

8. **If you won’t be going ‘home’ for the holidays find out what’s going on in the area.** Each city and country has their own unique traditions when it comes to the holidays. Do some research and plan to participate in activities that will make you feel most comfortable.

9. **Get in touch with people in the area you know (classmates, friends, advisors) and let them know that you’ll be in town around the holidays.** You may be get the chance to be invited to another family’s celebration.

10. **Reflect on what went well this holiday season and improvements you would like to make for next year.**

For more information or to get support call JHSAP; (443) 287-7000.