



A Message from The Faculty Wellness Program

Congratulations on another year of hard work and successes big and small! Your Wellness Team is proud of you and wants you to take full advantage of the upcoming break to recharge.

This year, the faculty of medicine's annual holiday survival guide offers sage advice on taking care of yourselves during the festive period. Here are some of its friendly suggestions.

Take advantage of the break by detaching fully from work and study. After months of consistent hard work, the need to recharge is real and essential for you to return to work in good health and ready for the challenges of the New Year.

The expression 'Variety is the spice of life' is particularly true when taking time off - trying new things can make your holiday feel it is lasting longer. Why not try some new activities? They will slow life down. Not only will you feel more refreshed, but you may have some stories to tell your friends and colleagues.

Imagine your ideal holiday. Who is with you; where; what kind of vibe? Be guided by your past experiences. The answers to these questions might help you build a clear picture of how you want to spend your break.

With your vision in place, organization is key. Plan ahead to avoid disappointment in a post-pandemic world where staff shortages and service disruptions remain the norm. Include others in your plan and work through any scheduling clashes – clear communication skills are essential when it comes to negotiating collective needs.

If you're opting for a traditional celebration with the usual family suspects, consider how to navigate potential tricky situations over which you might have very little control. Troubleshoot how these could be managed, or even changed, without drama.

If you'd like to celebrate, but have no family in town, invite friends to your home or a night or day out. Maybe participate in one of the many organized holiday groups in the city.

And remember, there are instances when preparing and troubleshooting will not save you from holiday difficulties. If celebrating a traditional way with family is something you do not want, or even fear, consider skipping the festivities altogether, and choose to spend time with people who make you feel safe.

Your Wellness Team wishes you a joyous holiday season and looks forward to working with you in 2023!

Here are some [resources](#) that are available to you during the holidays.

Regards,

The Faculty Wellness Program Team

Faculté de médecine
Faculty of Medicine

