

FRANDELJA FAMILY CONNECTION

Changes in Temperature



Temperatures Are Dropping

By Cornell Cobbins
FEC Director of Operations

The temps are dropping in the Bay, which means we are in the holiday season. Here's a short, easy-to-follow list to help you stay healthy—mentally and physically—during the holiday season:

1. Move your body daily

Even 10–20 minutes of walking, stretching, or yoga can boost mood, support digestion, and reduce stress.

2. Set gentle boundaries

Protect your energy by saying no when needed, limiting draining interactions, and carving out quiet time.

3. Stay hydrated

Holiday drinks and salty foods can dehydrate you—aim for steady water intake throughout the day.

4. Nourish yourself consistently

Enjoy holiday treats, but keep balanced meals in the mix to stabilize energy and mood.

5. Prioritize real rest

Schedule downtime, unplug from devices before bed, and aim for consistent sleep.

6. Practice mindful moments

Deep breaths, brief meditations, or gratitude check-ins can keep you grounded when things get hectic.

7. Connect meaningfully

Reach out to supportive friends or family members, or participate in communities that uplift you.

- With thanks to one of the Site Coordinators at the Fairfax Housing Complex.