December 2026

REFLECT, RECHARGE, AND RECONNECT

The Season Reflection

As the year draws to a close, December offers a gentle invitation to pause, reflect, and reconnect with what matters most. For some, it's a month of celebration. For others, it's a quiet time of gratitude and rest. Inclusion is about making space for every voice and every rhythm whether it's celebration, reflection, or simply a deep breath after a long year of meaningful work. Rest and reflection are not breaks from the journey, they are part of it.

Finding Balance in a Busy Season

The holidays can bring joy, but also stress. For our workers, balancing work, client needs, and family life takes compassion and flexibility.

Ways to create balance this December:

- Schedule small breaks even five minutes of silence helps.
- Respect colleagues' time off and boundaries.
- Be inclusive of different holiday observances and family traditions.
- Celebrate achievements, big or small, before year's end

A little kindness goes a long way during this busy month.

Quick Tips: Inclusive Year-End Wrap-Up

- Host a gratitude circle or virtual reflection
- Send appreciation notes that highlight teamwork, not just individual achievement
- Keep events optional and inclusive
- Use this time to ask, "What do we want more of next year?"

Resources

- Workplace Strategies for Mental Health: Preventing Burnout During the Holidays
- CCDI: Inclusive End-of-Year Celebrations
- Canadian Mental Health Association: Self-Care and Seasonal Wellness