



Happiness During the Holidays

Amid the surge of the Omicron variant of COVID-19 and new restrictions, many of us are rethinking our holiday plans and reconsidering gatherings. While feeling overwhelmed by all the uncertainties, what remains constant is the importance of engaging in happiness increasing activities. Below are strategies to support your mental health this holiday season. Discover and practice the activity that brings you the most happiness:



- Call someone who you miss and tell them how thankful you are that they are your friend
- Write down some personal goals for 2022
- Completely immerse yourself in a holiday craft
- Look at past holiday photos while recalling those memories to mind
- Go for a walk, stretch or meditate
- Do something kind, like leaving a snack or kind note on your neighbour's doorstep

United Way Waterloo Region Communities

A huge shout out to all donors who designated their gifts to Langs through the annual United Way Waterloo Region Communities campaign. With your generosity and United Way's advocacy, a stronger Waterloo Region can be built; bettering the lives of many.



**United Way
Waterloo Region
Communities**

Expressing Gratitude



Langs is grateful to be part of a very generous business community that believes in our mission of ensuring that every person in our neighbourhoods will have a place to call home for health, wellness and community support.

Featured below are 3 organizations that have shown over and over again their caring and generous nature. On behalf of the families, children and seniors who have benefited from this generosity, we thank you!



Samuel, Son & Co., Limited



Vancea Financial Group,
Cambridge Financial Centre
(in support of Grow)



TD Bank Group



Visit Langs Website to
Donate

You are receiving this email because you are friend of Langs. If you would prefer to opt out of receiving emails from us, please click the unsubscribe link at the bottom of this email. You can also update your profile if you wish emails to be sent to a different address.

www.langs.org

