Making magical memories

Creating special moments doesn’t require a lot of time or money. It just requires you and an open mind. Try one of these fun memory-making activities:

• Create a new soup recipe
• Go for a scenic drive
• Have a game night
• Cuddle up and watch an old, classic movie
• Stroll through a local park
• Grab a new book at the library
• Catch up with an old friend
• Build a snowman
• Teach someone your favorite hobby
• Sip hot chocolate with extra marshmallows

• Bake your favorite cookie recipe
• Write a letter or card to someone you’re grateful for
• Watch a sunrise or sunset
• Volunteer

Sometimes the smallest things are what matter the most. Take time to enjoy the season and make memories worth smiling about.

The trees have dropped their leaves and we’ve turned up the thermostat. We’ve put on our cozy sweaters and put away the flip-flops. Winter may not be your favorite season, but it’s a wonderful time of year to create some magical new memories. Thinking back about happy memories can give us a sense of connection, feelings of fulfillment and can even improve our mood.

Making memories

The EAP is administered by Resources For Living, LLC.
All EAP calls are confidential, except as required by law.