

# DECEMBER MONTHLY NEWSLETTER

Welcome to the December edition of the TCN Newsletter.

December is a time for reflection, connection, and self-care, and in this issue, we've curated helpful information to support your mental and physical wellness during the holiday season and beyond.

## Happy Holidays

As the year draws to a close, we'd like to extend our warmest holiday wishes to all of our patients and clinic partners. December invites reflection and gratitude, and we are truly thankful for the trust, collaboration, and community you've shared with us throughout the year.

In this month's newsletter, we're highlighting helpful seasonal wellness tips, important clinic updates, and resources to support your health and comfort during the busy holiday season. Whether you're a patient on your healing journey or a partner helping expand access to compassionate care, we're grateful to walk alongside you.

Wishing you peace, wellness, and joyful moments this holiday season and into the new year.

-The TCN Team

## Holiday Mental Health: Common Challenges

- **Stress and overwhelm:** Extra commitments, travel, and social gatherings can strain emotional bandwidth.
- **Loneliness or grief:** The season may amplify feelings of loss or separation from loved ones.
- **Seasonal Affective Disorder (SAD):** Shorter daylight hours can impact energy levels and mood.
- **Financial pressure:** Gift-giving and events can stretch budgets, increasing anxiety.
- **Trouble sleeping:** Changes in routine, increased stress, and irregular schedules can disrupt sleep patterns, which in turn may intensify anxiety and mood difficulties.

## Holiday Wellness Tips



### **Simplify your plans**

Focus on what truly matters and let go of the rest.



### **Stay within your budget**

Financial peace supports mental peace.



### **Keep your routine steady**

Maintain regular sleep, meals, and schedule downtime.



### **Maintain healthy habits**

Hydrate, maintain a healthy diet, and exercise.



### **Connect with others**

Check in, reach out, and don't hesitate to ask for help.



- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- Women are 40% more likely than men to experience heightened holiday stress.
- Over 50% of Canadians say the holidays negatively affect their mental health, with increases in anxiety, depression, and crisis calls.

## Medical Cannabis: A Supportive Option

For individuals using medical cannabis under healthcare guidance, maintaining treatment routines can be particularly beneficial during the holidays. Medical cannabis is sometimes used to help manage symptoms such as chronic pain, anxiety, PTSD, or sleep disturbances, which may flare during stressful periods.

### Potential Benefits

- Reduced anxiety and stress
- Improved sleep quality
- Support with chronic pain
- Enhanced relaxation and overall well-being

### Considering Alternative Treatments for Mental Health?

Medical cannabis can provide support for some mental health conditions, but it may not be safe for everyone. TCN's team of practitioners is here to help you explore whether it could be a safe and suitable option. Contact us today to complete your virtual assessment.



The Clinic  
Network

News and updates



### No Appointment Required.

At TCN, obtaining or renewing a medical document has never been easier — our enhanced platform now eliminates the need for a scheduled appointment, so patients can renew or complete their intake anytime, at their convenience.

### Holiday Hours

December 24: 8:30am–3:00pm EST/6:30am–1:00pm MST

December 25 & 26: Clinic Closed

December 29 & 30: 8:30am–7:00pm EST/6:30am–5:00pm MST

December 31: 8:30am–4:00pm EST/6:30am–2:00pm MST

January 1: Clinic Closed

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Questions? Contact us!



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The use of medical cannabis for the condition(s) discussed here may not be universally supported by clinical evidence and may not be suitable for everyone. The content provided is for informational purposes only. Pharmacy professionals must evaluate the information available when determining appropriate recommendations for patients.