Holiday Safety & Self-Care Tips

Campus Public Safety will continue to be available 24 hr/day throughout the holiday season. From all of us at Campus Public Safety, we wish you and yours a very happy and safe holiday season.

1. Be intentional when posting about travel plans on social media. Avoid mentioning length of travel or that you will be leaving your place of residence unoccupied.

2. If alcohol will be consumed, arrange in advance for alternate transportation or a designated driver. Pay close attention to holiday-related schedule changes if you plan to use public transit.

3. Thieves are extremely active during this season. Keep gifts and valuables out of sight in your vehicles or residences. Secure all windows and doors when stepping out, even for a short time.

4. The days are shorter and the outdoors are calling. Be sure to over prepare for both the adventure and the weather in case things don’t go as planned. Tell someone you trust where you are headed and when you are expected back. Have a charged cell phone with you.

5. Traveling in inclement weather is one of the challenges faced during this time of year. Some roads and walkways may not be cleared of snow or ice, so take due care when walking alone or driving in winter conditions. Check the Road Report page before you head out.

6. Note that the Campus Community Shuttle will not be running December 20th to January 6th. Campus Public Safety’s SafeWalk service will continue to be available during this time. Call the CPS Non-Emergency Line at 778.782.7991 to arrange.

7. Give yourself a break if you are feeling overwhelmed during the holiday season - make self-care a priority. Some of the best ways to manage holiday stress are to get plenty of sleep, limit the tendency to overindulge, connect socially in a simple way you are comfortable with, and to reach out to available supports.

MySSP's free, confidential support services remain available 24/7 throughout the holidays from anywhere in the world. Info about downloading the free MySSP App can be found here on SFU Heath & Counselling’s page.

Tips and local mental health resources for navigating difficult emotions during the holidays can also be found online, e.g., the Canadian Mental Health Association of B.C.’s 15 Tips for Holiday Peace of Mind and Coping with Holiday Grief.

8. If at any time you or someone you know is on campus and requiring immediate attention call Campus Public Safety's 24/7 Emergency Line at 778.782.4500. As always, call 9-1-1 for any emergency situation requiring immediate response by police, ambulance or fire.