

SELF-CARE DURING THE HOLIDAY SEASON

The holiday season often brings packed schedules and high expectations. Taking time for yourself is essential for enjoying the season without burnout.

PRIORITIZE YOUR WELL-BEING

- **Set Boundaries:** It is okay to say "no" to invitations, requests, or commitments that over-extend you. Prioritize activities that bring you genuine joy.
- **Manage Expectations:** Remember that no holiday is perfect. Focus on enjoying the moment rather than chasing an idealized picture.

Keep Your Routine: Maintain your regular sleep schedule, exercise, and meal times as much as possible to provide a sense of stability.

MANAGE STRESS AND OVERWHELMNESS

- **Mindful Moments:** Take a few minutes each day for quiet breathing, meditation, or simply sipping a cup of tea. Even five minutes can reset your stress level.
- **Budget Your Spending:** Financial stress is common. Set a budget and stick to it to reduce anxiety about gift-buying and travel.

Delegate Tasks: You don't have to do everything yourself. Ask family members to help with cooking, decorating, or cleaning.

NURTURE YOUR BODY

- **Stay Hydrated:** Drink plenty of water throughout the day. Dehydration can often feel like fatigue or irritability.
- **Eat Smart:** Enjoy holiday treats in moderation, but focus on nutritious, balanced meals to keep your energy steady.

Move Your Body: Schedule time for a walk, a short home workout, or stretching. Physical activity is a powerful stress reliever.

Connect and Reflect

- **Reach Out:** If you feel lonely or overwhelmed, connect with a trusted friend, family member, or mental health professional.



- **Reflect and Journal:** Take a few moments to write down what you are genuinely grateful for. This shift in focus can boost your mood.
- **Embrace the True Meaning:** Dedicate some time to the spiritual or personal reasons the holidays are important to you, separate from the commercial bustle.