



8 SELF-CARE STRATEGIES

For many, the holiday season means planning and taking care of others. However, this can leave little time for taking care of yourself. Below are a few ideas on how to practice self-care.

1. REGULARLY SCHEDULE TIME FOR SELF-CARE ACTIVITIES

Schedule self-care activities (exercise, meditation, a hobby you enjoy) at the same time each day so they become routine. You can also set a timer or alarm to remind yourself.

2. PRACTICE GRATITUDE FOR THE PEOPLE AND EVENTS IN YOUR LIFE

This might include writing in a journal about what you appreciate in your life, or letting others know the gratitude you feel for them.

3. ENGAGE IN DEEP BREATHING OR OTHER RELAXATION SKILLS

This could be listening to soothing music, engaging in guided imagery, practicing yoga, or doing a meditation on your favorite relaxation app.

4. TUNE INTO THE EMOTIONS YOU'RE EXPERIENCING

Emotions may be positive, negative, or a combination of the two. Call “time outs” for yourself and check in on your feelings. Write them down in a journal.





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5. TRY TO UNDERSTAND WHY YOU MIGHT BE EXPERIENCING NEGATIVE EMOTIONS

For some people, negative emotions might be related to unrealistic expectations or goals of themselves around the holidays, or from feeling overwhelmed. Readjust your goals so they are specific and attainable.



6. MONITOR YOUR STRESS LEVEL

Write down your stress level in a journal at various times during the day. Take note of the situation you are in when feeling stressed. Is it around certain people? Or engaging in specific activities? Have a list of activities you can engage in to relax for a few minutes (taking a walk, doing a few minutes of yoga, or watching a favorite TV show or movie).



7. BE PRESENT

Practice mindfulness and meditation. This can include spending a minute or two being present in your environment. Take notice of the smells, sounds, and sights of the holidays. Notice the differences between the holiday season and other times of the year.



8. DON'T FORGET TO TAKE CARE OF YOUR PHYSICAL HEALTH TOO

Ensure adequate sleep and a nutritious diet. Develop a plan to enjoy the special foods and treats around the holidays, while balancing them with healthy eating.