



5 WAYS TO PRIORITIZE YOUR SELF-CARE THIS HOLIDAY SEASON



1

Don't be afraid to say no

Setting boundaries is crucial when it comes to protecting our mental health and our relationships with others, and saying 'no' sometimes is an important part of that.



2

Set a budget - and stick to it!

After all, gift giving isn't about spending a lot of money, but about giving someone something that you know will bring them a little bit of joy.



3

Everything in moderation

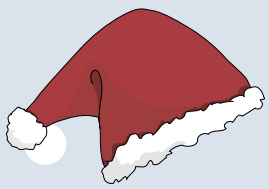
Go ahead and enjoy your holiday favorites, but try eating mindfully. Mindful eating does not mean judging yourself. Rather, it means that you acknowledge your feelings and thoughts, react as necessary, and then accept them and move on.



4

Set reasonable expectations

This doesn't mean that you can't have hope for a wonderful holiday season! But setting unrealistic expectations can lead to disappointment, and feelings that the holidays weren't successful.



5

Make time for some holiday self-care

Enjoy some time to yourself for some holiday self-care. This could be enjoying the simple traditions you love, like decorating or watching holiday movies, or you can make some new traditions.

