



Self-Care Tips For The Holidays

holisticobsession.com

1. Identify your healthy habits and routines and be intentional about protecting time for them. This can be a workout regimen, healthy eating habits, and good sleep hygiene.
2. Saying yes to a late night out and overindulgence can mean saying no to a good night's sleep and healthy morning routines. Be mindful of how you commit your time and what you might be sacrificing by those commitments.
3. Prepare yourself for challenging family dynamics by knowing your boundaries: it is okay to leave if you don't feel comfortable, it is okay to end a conversation you do not want to have, and it is okay to decline attending all together.
4. Take a time in the morning to breathe and set an intention for the day. This is a small but powerful way to keep focus on what's most important to you and enjoy the good moments in the present.
5. Make space for grief if you've lost a loved one. Allow yourself to honor the relationship by setting a place for them at the table or reminiscing on favorite memories. Grief and joy can exist at the same time.

-Deanna Graves, MA, LPC