

A Holiday Self-Care Checklist



Photo as seen in The Mighty

People who struggle with anxiety or depression often have difficulty feeling the holiday cheer around this time of year. A time meant for friends and families to come together and celebrate isn't always easy, especially if you are going through something hard. Here are a few tips to help you get through the holiday season with a focus on self-care:

- 1. Take time for yourself.** Remember that you deserve happiness as well. Sometimes you might need a moment alone to help collect your thoughts, and that's ok.
- 2. Connect with your breath.** Whether it's from the stress of holidays, social anxiety, or the in-laws, seeking a quiet spot to catch up with your breathing is a good way to relax.
- 3. Be mindful about drug and alcohol use.** If you decide to partake in refreshments, remember to be mindful and make sure you do what's best for you.
- 4. Practice a healthy relationship with food.** Don't let the holidays dictate how you eat. Maintain a balance and stay healthy.
- 5. Take care of yourself during difficult interactions with family.** Small talk or other social interactions with friends or family members can be difficult. Try having someone to reach out to when you need a break or find a space to take some time away from the hubbub.
- 6. Make room for grief during the holidays if you are missing loved ones who have passed.** Save some time for reflection and remember that it's ok to be both happy and sad at the same time, even during the holidays.
- 7. Remember that holiday stress will pass.** Just like other times of high anxiety, the stress of the holiday season will soon come to a close. Try to make the best of it while keeping your happiness in mind.

