

Holidays can be a difficult time for anyone:

- **food-centric traditions/activities**
- **increased time with social circles**
- **navigating a global pandemic**
- **nostalgia**
- **pressure to feel a certain way**



5 Things To Do When the Holidays Get to You

1) Check-In On Your Needs

Spend some intentional time thinking about what your actual needs are during this time, instead of what your obligations/other's expectations are.

What can you do to meet your own needs? What needs are you taking on that are not your own?



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2) Set Boundaries

Maybe it means leaving a family function at a certain time. Maybe it means not allowing people to discuss their weightloss intentions for the new year. Maybe it means not attending events with people whose priorities are different than yours.

Figure out the boundaries you need to set so that this season is not something you have to recover from.



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3) Basic Self-Care

Basic self-care isn't the fun and trendy, stuff. It's the everyday things we can do to help keep ourselves safe and content:

- getting enough sleep
- eating a variety of food
- make time to get outside
- drink water
- keep your environment clean
(dishes, laundry, tidying)
- set a timer for meds



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4) Fun Self-Care

Beyond the basics (if you can) add in some fun self-care! It can mean carving out time for:

- journalling/acknowledging feelings
- dancing around your house to your favourite song
- watching your favourite movie
- cooking a meal/baking
- take a day off of internet
- try a new mindfulness technique



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5) Bring in Others

While working to protect our physical and mental health (zoom fatigue? anyone else?), we can still work to be connected with people we love who don't drain out energy. You might opt for a good ol' fashioned phone call, or scheduling a time to chat with a friend when you get back from a gathering you know might impact you negatively.