

# Holiday Self-Care Checklist

*A gentle guide to easing the emotional weight of the season*

## Mind

- ☐ Take 5–10 minutes each morning for quiet reflection, journaling, or breathwork
- ☐ Write down 3 small things you're grateful for—without forcing positivity
- ☐ Release “shoulds” by asking: What feels meaningful to me today?

## Body

- ☐ Prioritize sleep—set a soft bedtime and stick to it when possible
- ☐ Drink water regularly between festive drinks and treats
- ☐ Take a short daily walk, even if it's just around the block
- ☐ Enjoy seasonal foods without guilt—comfort is nourishment too

## Boundaries

- ☐ Say “no” to at least one obligation that feels draining
- ☐ Plan quiet breaks during gatherings (step outside, find a quiet room, or simply pause)
- ☐ Limit time on social media if comparison makes the season feel heavier

## Heart

- ☐ Light a candle or create a ritual to honor loved ones you miss
- ☐ Allow yourself to feel grief or tenderness without judgment
- ☐ Create or continue one tradition that truly fills you with warmth
- ☐ Reach out to a friend or family member who feels safe and supportive

## Joy

- ☐ Play your favorite holiday song—even on a non-holiday day

- ☐ Choose one activity purely for fun (crafting, baking, reading, or watching a cozy movie)
- ☐ Notice small joys: twinkling lights, laughter, the smell of something warm
- ☐ Celebrate in ways that reflect who you are now

**Tip for readers:** Print this checklist and keep it on your fridge or nightstand as a gentle reminder. Circle the items that feel most important to you this season, and let go of the rest.