

# Self-care through the Holidays



## **Celebrate your achievements**

*Look not only at what you have left to do but what you've accomplished so far. Large to small, your accomplishments are worth celebrating; making yourself aware of the good things can go a long way in staving off seasonal depression*

## **Stick to a routine**

*It's essential to keep a regular schedule, especially during stressful times like the holidays. It may be tempting to work longer hours or stay up late doing holiday prep, but getting 7 to 8 hours of sleep a night and maintaining your regular eating habits helps regulate mood and keeps your immune system strong.*

## **Practice Gratitude**

*Thinking about or writing down what you're grateful for protects you from stress and depression. Even if you don't have an answer, just asking yourself, "What am I grateful for?" can increase your dopamine and serotonin levels.*

## **Plan ahead**

*It's not uncommon to feel stressed around the holidays but planning ahead can help. Allocating your time appropriately ensures you have time to spend with your family and friends without procrastinating or ignoring your other responsibilities.*

## **Ask for help**

*If you find yourself feeling overwhelmed, the best thing you can do is ask for help. People are naturally inclined to help each other out, but they won't know you need it if you never ask.*

