

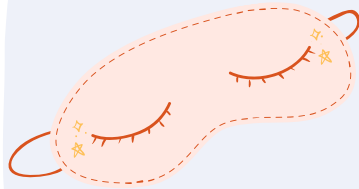


the best present of all



CHC EXPERTS' SELF-CARE STRATEGIES TO STAY MENTALLY HEALTHY + PRESENT THIS HOLIDAY SEASON

Simplify, slow down, and be intentional. Limit commitments and relax while still doing the things that are most meaningful.



Prioritize self-care and mindfulness to stay in the moment.

Be open to experiencing new things, sights and discoveries.

Create boundaries for yourself and feel comfortable upholding them.

Find ways to stay connected with extended family.

Decrease pressure by allowing space to get things "wrong." It's OK to forget a gift, sleep too late, burn the chicken, feel angry, etc.

Incorporate small moments of play.

Keep up with sleep hygiene.

Take a few deep breaths for gratitude, stress relief, etc.

Let go of perfection. "Good enough" is good enough.

Try a brand new activity: visit a new place, try a new recipe, talk to a new neighbor, etc. Be mindful and pay attention as you go.

Set aside specific times to connect with people, even for brief check-ins.

Slow down. Move with intention. Walk more slowly, talk more slowly, eat more slowly, etc.



Decide to do "less" with purpose instead of spreading yourself too thin.

Donate to a charity of interest to your child(ren) to emphasize that getting isn't everything.

Set realistic expectations of self and others.

Accept fewer holiday invites and be there fully; buy prepared food and enjoy being with your guests instead of cooking, etc.

Find joy in simple pleasures.