Caring for Yourself in the Holiday Season

During this holiday season, **it is essential to make time for yourself.**

The holiday season can bring joy and celebration, but it can also come with its share of stress and mixed emotions. You might find yourself juggling family obligations with your own needs and daily responsibilities, feeling financial pressure from shopping, travel, or hosting, or experiencing loneliness and missing loved ones.

The American Psychological Association found that:

89% of U.S. adults feel overwhelmed by the holiday season[1]

43% of U.S. adults said that the stress of the holidays interferes with their ability to enjoy them[1]

While stress appears to be very common during this time of year, we encourage you to find opportunities to prioritize your wellbeing. It may be difficult, but scheduling time for yourself, even in small moments, can make a difference.

- Take a quick walk outside; even 10 minutes can help alleviate stress.

- Take a few deep breaths or practice progressive muscle relaxation.

- Write a few things down that you are grateful for.

- Read for a few minutes or listen to a podcast.

- Connect with a friend or loved one.

- Watch an uplifting video or silly show.

- Enjoy holiday treats and balance them with nourishing snacks.

Give yourself grace and do what you can to prioritize self-care and establish healthy boundaries. Reach out for support to mitigate holiday-related stress.

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. American Psychological Association. (2023, November). [Even a joyous holiday season can cause stress for most Americans]. APA https://www.apa.org/news/press/releases/2023/11/holiday-season-stress

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