

holiday

SELF-CARE ESSENTIALS



PLANNING

Avoid the drain of busy-ness by planning each day and prioritizing tasks. Move uncompleted tasks to the next day and ask, "What's the worst that can happen?"



HEALTHY HABITS

Maintain healthy emotional and physical hygiene habits. Prioritize eating small healthy meals, getting enough sleep, and being intentional about movement each day.



TIME

Take moments for yourself every day. Set aside 15 minutes each day to relax, take a walk, do nothing, enjoy a cup of coffee or tea, pray, or reflect. .



LIMITS

Give yourself permission to say no. Learn to gauge when you feel overwhelmed and respond accordingly, because your needs matter.



CONNECTIONS

Savor the season by being intentional about making meaningful connections with those you care about this holiday.



EXPECTATIONS

Moderate your expectations. Avoid striving for perfection and give yourself permission to lower the bar.



GRIEF

Make room for grief if you are missing loved ones. Create a new tradition in memory of your loved one. Everyone grieves differently.



GRATITUDE

Keep an attitude of gratitude. Be intentional about focusing on relationships and experiences that you appreciate.



HELP

Reach out for support if you need help. FEAP can provide assessment, brief counseling, and referrals: Visit uvafeap.com or call 434.243.2643.