

self-care DURING THE HOLIDAYS

By Kathleen Johnson, MS, LAPC, LPC | EAP Counselor

Friends, family, food, and fun are the things most people look forward to during the holiday season. Though this may be the happiest time of the year, not everything is always bright and merry. You go to all the events, volunteer your time, and prepare for family festivities; before you know it, you've over-exhausted yourself. The list seems never-ending. Making time for self-care may seem impossible, but it is a vital component of a happy holiday season.

Here are a few tips for keeping the joy during this festive season:

WELLNESS BOUNDARIES

When setting boundaries, time, budget, and the people around you are all things to consider. If certain family members, celebrations, or conversations make you feel drained, you don't have to give them your time and energy. Set boundaries this holiday season to ensure your well-being.

SUCCESS WITH SPENDING

Set yourself up for success with a spending plan. Start with writing a list of the special people you'd like to give to this season, and check it twice! Then make a plan for what you want to get and how much you want to spend. Get creative, keeping in mind some of the best gifts are homemade and unique. Prioritize personalization over price.

KEEP UP HEALTHY HABITS

Be careful not to overindulge. Those gingerbread cookies and various pies are a classic part of the holiday season. While it's good to give yourself a treat and celebrate, remember to refrain from indulging yourself too much. You'll eventually return to your routine, making it easier if you keep your healthy habits in mind.



Set aside some time for yourself. It can be easy to let your days be overtaken by holiday shopping, cooking for others, or prepping for family visits. Remember to make some time for yourself in your routine as well. The holidays will be much more enjoyable if you are cool and collected. Read a book for an hour, have a mini spa day, or schedule a daily walk.

The holidays can be stressful, but they can also be the most wonderful time of the year. Share moments with people you love and do things that remind you to enjoy the season. Make your own traditions; sleep late, order sushi for dinner, and do what nourishes you. Most of all, remember that the holidays can offer you peace and joy if you let them.

DID YOU KNOW? Financial Counseling is included in your Village EAP benefit! Whether you're deep in debt, wanting to pay off credit cards more quickly, or planning for the future, The Village's certified financial counselors can help. **Call 1-800-627-8220** to set up an appointment through your EAP.