

# **7 HOLIDAY-FRIENDLY SELF-CARE STRATEGIES**

- 1. CREATE YOUR MORNING AS YOUR HAVEN**
- 2. PRIORITIZE A SWEET TREAT FOR YOUR SOUL**
- 3. SAY 'NO' WITHOUT GUILT**
- 4. ONE HOUR, NO SCREENS, ALL PEACE**
- 5. TAKE A WALK (EVEN IF IT'S CHILLY)**
- 6. BRING BACK YOUR HAPPY PLACE**
- 7. UNWRAP THE GIFT OF RELAXATION**

# Self List Giving

**SB Merriam**



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