

Quick Tips for Self-Care During the Holidays

from Karen Wyatt MD

- PHYSICAL
 - Eat a protein snack (e.g. cheese, nuts)
 - Take a “power nap” (20 minutes or less)
 - Go for a brisk walk outdoors
 - Drink a glass of water
 - Do some stretches
 - Dance to your favorite music
 - Spend time in nature
 - Have a cup of tea
 - Massage your shoulders and neck

- MENTAL
 - Turn off all electronics and close your eyes for 15 minutes
 - Take a break from work and listen to music
 - Dim the lights and sit in silence for a few minutes
 - Switch to tasks that requires less brain power (e.g. organizing supplies, cleaning up, running an errand)

- EMOTIONAL
 - Take 3 deep breaths
 - Watch a funny video
 - Write down 5 things you’re grateful for
 - Read an inspirational verse or affirmation
 - Connect with a supportive person
 - Write down 3 things that are going well in your life
 - Focus on positive emotions (love, joy, gratitude, peace appreciation)

- SPIRITUAL
 - Remember that “this too shall pass”
 - Use prayer, meditation or contemplation to go within for a few minutes each day
 - Take the “big picture” point of view
 - Make a list of things you can’t control and choose to let go of them
 - Say the Lovingkindness Blessing:

May I be at peace.
May my heart remain open.
May I realize the beauty
of my own true nature.
May I be healed.
May I be a source of healing
for this world.