



- WORKBOOK -

Holiday Self-Care

Gentle Steps for Busy, Emotional
Seasons

A calming guide from
Healing Perspectives



The holidays can be meaningful — and overwhelming.

They often bring full calendars, heightened emotions, financial stress, family dynamics, grief, expectations, and exhaustion. If you're feeling stretched thin, there's nothing wrong with you. This season asks a lot of people.

This short guide isn't about doing more.

It's about caring for yourself in ways that are realistic, grounding, and kind.

You don't need a perfect routine.

You just need a few steady supports to return to when things feel heavy.

Take what helps. Leave the rest. 



Step One

Lower the Bar (On Purpose)

One of the most important acts of self-care during the holidays is adjusting expectations — especially your own.

This season does not require:

- Perfect traditions
- Full availability
- Constant joy
- Saying yes to everything

It does benefit from honesty, boundaries, and rest.

Try this reflection:

What expectations feel heavy right now?

Which ones can soften — even slightly?

Lowering the bar is not failure. It's self-respect.





Step Two

Regulate Before You React

Stress doesn't just live in your thoughts — it lives in your body.

Before responding to a situation, a conversation, or a decision, pause and regulate your nervous system.

A simple reset you can use anywhere:


- Inhale through your nose for 4
- Hold for 4
- Exhale slowly for 6

Repeat 3–5 times.

This tells your body: I am safe enough to slow down.

You don't have to solve everything in the moment.

You only have to calm the system that's trying to protect you.





Step Three

Choose Small, Restorative Moments

Self-care during the holidays doesn't need to be elaborate. Small moments — repeated — are what restore balance.

Gentle ideas:

- Step outside for fresh air
- Sit quietly with a warm drink
- Stretch your shoulders and jaw
- Listen to calming music
- Colour, journal, or simply breathe
- Say no without explanation

Reflection:

What is one small thing I can offer myself today?

Consistency matters more than intensity.





A Closing Reminder

You are allowed to move through this season at your own pace.

You are allowed to feel joy and grief at the same time.

You are allowed to rest.

You are allowed to change plans.

You are allowed to choose yourself — gently.

If this guide supported you, you'll find more grounding resources, reflections, and creative practices at HealingPerspectives.ca.

Take care of yourself — not perfectly, but compassionately.

— Healing Perspectives 



Your Self-care Plan

Ideas for self-care













Achievable goals for the season











