



Hey friend,

I'm thrilled that you're here for this self-care guide! The holiday season can be a whirlwind, but it's essential to prioritize your well-being amidst the chaos. Let's dive into six steps to help you rock your self-care routine this holiday season:

1. Know and Respect Your Limits:

It's crucial to recognize and honor your boundaries. Don't hesitate to say "no" when you need to, and make sure to take breaks in between activities to relax and recharge.

2. Set Reasonable Expectations:

Avoid putting too much pressure on yourself by setting realistic expectations. Remember, it's okay if everything doesn't go perfectly according to plan. Enjoy the journey instead of obsessing over perfection.

3. Avoid Known Holiday Triggers:

Identify any triggers that tend to stress you out during the holidays and find ways to minimize their impact. Whether it's crowded malls or certain family dynamics, create strategies to navigate these situations with ease.

4. Give Back:

Spread some holiday cheer by giving back! Engage in acts of kindness, volunteer for a cause close to your heart, or donate to those in need. It's a great way to connect with others and make a positive impact.

5. Decorate for Comfort:

Create a cozy and comfortable environment that promotes relaxation and tranquility. Surround yourself with things that bring you joy - whether it's twinkling lights, scented candles, or soft blankets - make your space a sanctuary.

6. Give Back to Yourself:

Amidst the hustle and bustle of the season, don't forget about self-care! Prioritize activities that nourish your mind, body, and soul, whether it's practicing mindfulness, indulging in a bubble bath, or treating yourself with something special.

Remember, taking care of yourself is not selfish; it's necessary for your overall well-being. So go ahead and embrace these steps as you embark on a self-care journey this holiday season.

Wishing you a joyful and rejuvenating holiday season!

Warm regards,

Natalee Wright, MA, BCC

Owner, Artful Transformations