Self-Care through the Holidays

The holidays are a time to enjoy family and friends, honor and reflect on what has unfolded this past year and consider what could be for the New Year. It's a time to relax, recharge, connect and have fun with family and friends. It can be fun, fulfilling and rewarding time of year.

For some with all the running around last minute shopping, decking the hall, baking of holiday goodies, cooking feasts for family and friends and visiting family near and far. The holidays can be challenging, stressful and exhausting.

Caring for our Mind – Body – Spirit

Here are a few tips to be mindful of and that can help with holiday stressors.

Taking care of our body - *Making sure we have enough rest, eating well (not over doing it with all the yummy treats) and drinking more water than sweet drinks and getting daily exercise.*

Peace of Mind – *Avoid last minute anything and pre-plan-set things up in advance, sticking to the budget and let go of over extending ourselves, honoring loved ones that may no longer be with us and cherish and celebrate the loved ones we have today.*

Feeding our Spirit – *Nurturing our spirit with what brings us joy. Celebrating and Honoring the Spirit of Christmas, The Joy of Giving, Connecting with Family, Cultural gatherings….Seeing the joy and delight of the holiday magic in our children and grandchildren's eyes. What brings you Joy? What helps us to be grounded and present?* **Stay connected** – *If the holidays are challenging for you, setting up time with family and friends in advance, this can help pull us through.*

By practicing self-care we able to be more present to ourselves and to those around us.

Remember Christmas is for the Children, let's keep provide them a safe place.

With Respect and Love, Esther Charlie, Phoenix Consulting-Health & Wellness Facilitator

Resources available:

24 hour Crisis Line 1-888-494-3888 / Mental health support – Resource line available 24 hours – 250-310-6789