

Self-Care tips for the Holiday Season



REFLECT

Pause to think about what you are grateful for



BREATHE

Deep breathing allows your mind to focus & muscles to relax

CREATE

Make paper snowflakes, doodle, draw, journal, or decorate cookies



FEEL YOUR FEELINGS

Remember that your feelings are valid. Uncomfortable feelings won't last forever



SELF-CARE

Stay hydrated, go for a walk & get plenty of sleep



CONNECT

Reach out to a friend or volunteer in your community

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Make the Holidays Brighter for All

Practice patience & acceptance. Everyone has a story worth hearing.



Reach out to those feeling isolated. Inclusion creates a community of shared joy.



Remember that it's okay to ask for help. We all need it sometimes!



Amid the holiday hustle & bustle, remember to take moments for yourself. Acknowledge & celebrate your unique journey.

