



25 Simple Ways for

self care



Over the Holidays

The holiday season can bring joy and happiness, but it can also be the most stressful time of the year. That's why it's very important to make time for self-care over the holidays. It's the best gift you can give yourself and everyone you love.

1	Morning Routine	2	Candlelight	3	Take a Walk	4	Respect Your Budget	5	One In, One Out
Make a little time for yourself first thing every morning. Sit quietly with a cup of tea, meditate, journal, or take a walk.		As the days get darker, add light to your day. Listen to music with candles burning or just sit quietly in candlelight.		Go outside and take a walk. Notice the magic.		Once you set your budget, stick to it. If you splurge now, you pay even more later.		Avoid adding to your clutter by sticking with a one in, one out rule. For each thing that comes in, another goes out.	
6	Eat Well	7	Be Intentional	8	Decorate with Your Favorite Things	9	Unschedule	10	Nap
Indulge in your favorite holiday treats but eat well the rest of the time.		Try to approach the holidays with more intention. Staying intentional will soothe your soul.		Start by decorating with only your favorite things instead of all the things. Allow them to bring you joy.		Cancel some of your planned activities and make room for holiday magic to unfold.		Give your body and brain a chance to recharge on those go-go-go holiday marathon days.	
11	Read an Actual Book	12	Laugh	13	Write	14	Regift	15	Apologize
Shut down those digital devices and curl up with a good book.		Call or spend time with the person that makes you laugh harder than anyone else. Then laugh until you cry.		Putting your feelings down on paper gives you a chance to clear your mind and move through your day with less bottled-up stress.		Look for meaningful gifts that you can pass on with love.		Don't worry about being right. No one wins that fight.	
16	Forgive	17	Be Grateful	18	Say Goodbye to Guilt	19	Redefine Abundance	20	Give
It's not too late. Your forgiveness will not only heal their hearts, but it will also heal yours.		Being grateful for what you have can make you healthier, more energetic, less stressed and anxious, and help you get better sleep.		You are only responsible for your actions, not for what others think or do.		Be grateful for the things you have instead of being disappointed for the things you don't. Abundance is a full heart, not a full house.		Pick something close to your heart and give the way you want to give instead of how you think you are supposed to give.	
21	Make Something	22	Breathe	23	Let Go	24	Full Stop	25	Be Love
Write a poem, start a book, get out the finger paints and a big piece of paper, and express yourself.		Breathe in, breathe out. Start with your breath to avoid over-thinking and over-reacting.		There are benefits to moving through life, work, and relationships with a lighter step, a lighter look, and a lighter heart. Let go.		Already overdone it? Take a whole day to take care of yourself.		Instead of working so hard to please people, do it all, or control the world, let go and just be love today.	

Source: <https://bemorewithless.com/take-care/>