



## Holiday Self-Care

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Boy, what a year it's been. Today, we're going to give you some tips on how to practice self care during the COVID holidays. We know that the holidays may look a bit different this year, but don't let that stop you from having an enjoyable holiday.

### Help Others

One way to do that is to start by helping others. During difficult times like these, there's always a person in need. Examples of this may include donating to a local food pantry, sending a card to someone that you may not see this year, or giving gifts to a family in need.

### Get Active

Another self-care activity is being active. Go outside, enjoy the fresh air, take a walk, go for a run, do yard work, or practice breathing exercises. Don't forget, adults should get at least 150 minutes of exercise a week.

### Relax and Unwind

Take a break from exercising and enjoy a time of relaxation. Put on your comfiest PJs and unplug yourself from all social media. While you're at it, put on a nice movie and enjoy some warm, hot cocoa. Remember, even though it is important to help others, we must also help ourselves.

### Manage Spending

While you're staying cozy at home, start on your holiday shopping, but don't let that stress you out too much. Think of a way that you can save money; make a budget and stick to it. If you're using a credit card, don't forget about those interest rates. You don't want to still be paying for those holiday six months from now. Remember, homemade gifts are just as special as purchased ones.

We hope you find these tips helpful and will give some of these a try.

Happy holidays!