

# Tips & Reminders for Self-Care & Regulation During the Holiday Season



## REFLECT

Stop & think about what you are grateful for



## BREATHE

Deep breathing allows your mind to focus & muscles to relax

## CREATE

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



## FEEL YOUR FEELINGS

Remember: 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, write letters, or volunteer in your community

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