

The Office of Care & Civility

December Newsletter

HOLIDAY SELF-CARE TIPS

The holidays can be a season of joy and time with loved ones, but sometimes it can be overwhelming. Here are some tips for battling the difficulties of the season.

Say "no" if you feel overwhelmed.

Sometimes it seems like there are daily obligations during the holiday season. These events should be enjoyable. When they start to be more stressful than something you look forward to, don't be afraid to RSVP "no" to a couple invitations. This will help make what you can attend more meaningful.

Be kind to your wallet.

If finances during the holidays bring you anxiety, try to suggest more low-cost activities and time spent with loved ones instead of expensive gift exchanges and travel. It is very reasonable to set spending limits for yourself!

Know when to end unwanted conversations.

We all know that toxic family member or friend who can ruin a pleasant get-together. If you see things start to take a turn for the worse, don't engage in further conflict. Consider removing yourself from the situation or simply tell the person that you'd rather not discuss that topic.

Honor those who have passed on.

The holidays can be sad and painful for some who have experienced loss. Remember that it is ok to feel sorrowful. Consider honoring the memory of those who have passed on, including looking at pictures or videos of the loved-one or donating time or money in their name.

Don't be alone if you don't want to.

If you find yourself feeling lonely during the holiday season, know that you are not the only one. There are also people out there looking for company. Talk with coworkers, find a volunteer opportunity, or even look for events online!