Holiday Wellness for Helpers, Caregivers, and Busy Professionals

Protect Your Energy So You Can Care for Yourself and Others

The holiday season often brings added responsibilities at work and at home. Between caring for loved ones, helping others, and managing busy schedules, it can be easy to put your own needs last.

Prioritizing self-care helps you maintain your well-being and stay energized throughout the season.

5 Ways to Practice Self-Care During the Holidays

Take Breaks

You don't have to be productive every minute of the day. Even a few minutes can help you reset:

- **Take a short walk**
- **Pause for a few deep breaths**
- **Stretch between tasks**
- **Take a break from screens**

Short breaks can improve focus, reduce stress, and restore energy.

Protect Your Sleep

Quality sleep helps you stay healthy, focused, and resilient. Try to:

- **Maintain a consistent bedtime**
- **Limit screen time before bed**
- **Have a relaxing nighttime routine**
- **Avoid over-scheduling yourself**

Set Realistic Expectations

Holidays don't have to be perfect to be meaningful. Consider:

- **Prioritizing what matters most**
- **Letting go of unnecessary obligations**
- **Asking for help when needed**
- **Saying "no" to commitments that create stress**

Make Time to Recharge

Everyone recharges differently. Think about what helps you feel your best:

- **Reading**
- **Exercising**
- **Listening to music**
- **Spending time outdoors**
- **Connecting with friends**
- **Practicing a hobby**

Check In With Yourself

Helpers often notice when others are struggling but overlook their own needs. Ask yourself:

- **How am I feeling today?**
- **What do I need right now?**
- **Have I been managing stress?**
- **Am I making time to recharge?**

Recognizing your needs early can prevent stress from becoming overwhelming.

Life's demands don't pause during the holidays. Reach out to the EAP for support.