

Make memories this festive season, not just with others but with yourself too

Building a healthy **holiday self-care routine** helps us make meaningful moments that support our overall wellbeing.

To find your festive care routine, ask yourself these questions:

What do I love to do?

The holidays are a time for connection but also a chance to show yourself love. Which holiday adventures could remind you celebrate and care for yourself?

Write down four things that make you feel good or bring a smile to your face. Use sticky notes, your journal or phone—whatever works for you!

How can I make time for myself?

Scheduling self-care helps you stay on track and prioritise your wellbeing.

- * Take the activities you listed earlier and **choose a date and time** over the holidays for each one.
- * **Add these plans to your calendar**, set a reminder on your phone or put sticky notes on the fridge or your bedroom wall.

How do I feel?

Self-care isn't just about what you do—it's about how it makes you feel. Every time you try something from your list, **check in with yourself**.

Do you feel relaxed, happy, energized or calm? Maybe frustrated or distracted? **Whatever it is, write it down.**

If an activity brings you joy, comfort or energy, reschedule it to **add it to your self-care routine**.

If unexpected emotions come up, take a moment to reflect and **consider sharing your experience** in a safe setting.

