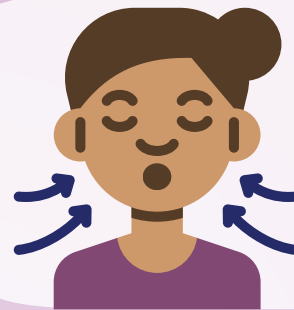


Tips & Reminders for Self-Care During the Holiday Season



REFLECT

Stop & think about what you are grateful for

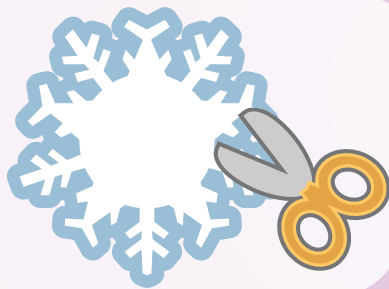


BREATHE

Deep breathing allows your mind to focus & muscles to relax

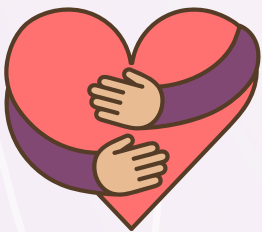
CREATE

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



FEEL YOUR FEELINGS

Remember that 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

SocialThinking
MORE THAN 25 YEARS

www.socialthinking.com/self-regulation

Copyright © 2024 | Think Social Publishing, Inc.

* Navigating the Holidays with * Acceptance & Appreciation for ALL

Practice patience & acceptance. Everyone has a story worth hearing.



Reach out to those feeling isolated. Inclusion creates a community of shared joy.



Remember that it's okay to ask for help. We all need it sometimes!



Amid the holiday hustle & bustle, remember to take moments for yourself. Acknowledge & celebrate your unique journey.

