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## Being more organized can lead to better self-care

You cannot underestimate the power of self-care during the hustle and bustle of the holidays. With the flurry of things to do, your self-care activities might fall by the wayside. One way to ensure you are making time for yourself is by organizing and planning all your tasks around the holidays. Consider the tips below to optimize your time and set boundaries.

**Learn to say no.** Decide what traditions offer the most positive impact and which plans cause too much stress. You do not need to attend every dinner you are invited to. If you become overwhelmed with baking, caroling, shopping, and visiting relatives, you may want to revisit your commitments. Pick a few favorite activities that you truly enjoy and politely decline others.

**Set a holiday schedule.** Putting your plans on paper can show you how realistic they are. Try to use a time management planner. You can fill in the hours with your scheduled activities including driving time and downtime. This planning will help you determine if you're trying to pack in too much. It can also help you see where you have pockets of free time.

**Plan your meals.** Figuring out how to find time to cook for yourself or your family can become chaotic around holidays. With a little planning, you can fit home-cooked meals into even the busiest week. Start by listing your meals for the week ahead. You could make a basic outline for each day of the week. You could also plan to make a little extra for quick and easy leftovers. Cooking from home is also the best option to save money and eat healthier.

**Take a break from social media.** Decreasing social media may help lower feelings of anxiety and stress. It's very easy to compare yourself to other people and get lost in scrolling social media all day. This can eat up precious time and cause you to feel even more stressed.

**Give yourself the gift of peace.** Everyone needs downtime to recharge. Declare a "me-treat" and do something that relaxes you. Add it to the schedule if you need to. Try to take a hot shower or bath, read a book, or engage in a hobby. Whatever your treat is, make sure it is something you enjoy.

The holidays are often a time when we focus on others. When we are sending cards, buying gifts, and cooking food during high stress times it is more important than ever to find time for you. If you know that the holidays are going to be stressful, plan accordingly and make sure you are carving out time for self-care.

Source: [WebMD.com](https://www.webmd.com), [MayoClinic.org](https://www.mayoclinic.org), [Heart.org](https://www.heart.org)

