

Healthy holiday boundaries sound like:

“ We are really looking forward to dinner and we need to leave by ‘X’ time. ”

“ I am not eating ‘X’ right now, but I appreciate you taking the time to make it. ”

“ Let’s not discuss this topic at dinner. ”

“ I am going to head upstairs and get some quiet time. ”

Visit your member website to learn more.

Reduce stress. Reclaim joy.

- ✓ Keep the traditions that bring you joy and comfort.
- ✓ Say no to things that cause you to feel dread.
- ✓ Add new traditions that suit your interests and lifestyle.
- ✓ Let go of traditions that are outdated.

Visit your member website to learn more.

Preserve your mental health



1

Set boundaries
and limits.

2

Spend time
with supportive
people.

3

Be respectful,
yet assertive.

Visit your member website to learn more.

Self-care strategies for the holidays



- ✓ Do things you enjoy
- ✓ Set boundaries
- ✓ Move your body
- ✓ Practice gratitude
- ✓ Feel your feelings

Visit your member website to learn more.

Set healthy holiday boundaries

“ **Walls** keep everybody out.

Boundaries teach them where the door is. ”

– Mark Groves

Visit your member website to learn more.