

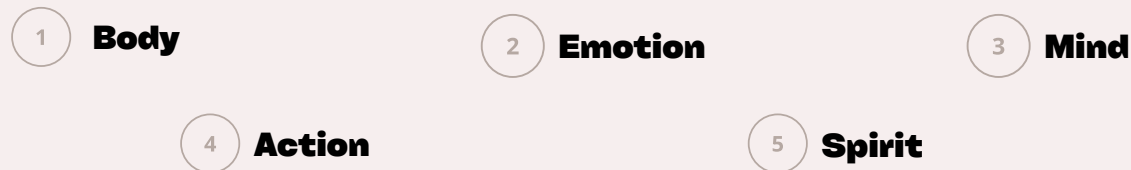
Holiday Mental Health Checklist

I want you to have a magical holiday season regardless of past experiences!

Given all potential challenges which can arise during this crazy/pressured/wonderful time, here is a helpful checklist so that you can be prepared.

Preparation is your superpower to optimal outcomes.

5 Areas of Awareness & Preparation:



Body Awareness:

- ☐ Movement – find a practice of movement that is enjoyable, accessible and sustainable for this season of life
- ☐ Breathe – find moments throughout the day to connect to, calm, and regulate your breathing
- ☐ Rest – make time for rest/relaxation

Emotional Awareness:

- ☐ Create a practice of identifying and labeling your emotions
- ☐ Develop a practice of journaling, writing, and processing your emotions
- ☐ Ask yourself on a regular basis – How am I feeling? What do I need?

Mindset:

- ☐ Practice a mindset of hope & optimism
- ☐ Develop a habit of reframing pessimistic or hopeless thinking
- ☐ Read and evolve in knowledge/wisdom

Actionable Steps:

- ☐ Create a schedule for how you will incorporate these steps into your life
- ☐ Visualize/Rehearse preferred self and preferred ways of being
- ☐ Think small incremental steps rather than lofty goals

Spiritual Awareness:

- ☐ Develop a connection to your higher-self/ideal-self
- ☐ Create a ritual for meditation or mindfulness
- ☐ Attune to your intuition and practice listening to your inner-wisdom