

# Well-being & Wonderment

## Holiday Self-Care Checklist

Here are a few tips to make the most of this Holiday season!

### Physical Well-being (Exercise, Rest, & Nutrition)

- Check in with your body regularly- how does it feel?
- Notice how food affects you, choose food that gives you energy
- Move your body
- Rest, recover, & rejuvenate

### Social Well-being

- Understand how much social interaction you need/want
- Try something new with a friend/s
- Release the urge to judge others (and yourself)

### Emotional Well-being

- Pay attention to your thoughts and emotions, manage seasonal stressors
- Recognize that emotions are information, pause & choose your response
- Allow yourself to receive support & ask for what you need

### Intellectual Well-being

- Learn a new subject, take a class, read a book, try a podcast
- Strike up an intellectual conversation
- Explore new ideas. Expand your comfort zone intentionally

### Spiritual Well-being

- Meditate, pray, walk in nature
- Get to know yourself better, internally
- Get involved with your community
- ADD YOUR OWN

Let go of whatever no longer serves you. Which will you practice?



# Well-being & Wonderment

## Holiday Self-Care Checklist

### Wheel of Self-Care

Self-care can be a lot of different behaviors. From spending time alone to asking for help, there are many ways to care for yourself. Follower's on LinkedIn added their favorite self-care actions too. Keep reading for more inspiration.



- Weekly yoga practice
- Massage
- Reading
- Letting go of perfectionism
- Practicing the pause
- Making note of triggers and mindfully responding
- Picking battles
- Make self-care a necessity
- Asking for what I need
- A round of golf
- Doing yard work
- Meditation
- Spending time with those who nurture my heart, mind, soul

Let's connect on [in!](#)