



Holiday Blues Self-Care Checklist

Your Guide to a Brighter Season

Hey there! If holiday blues are weighing you down, this simple checklist is here to help. Print it out, keep it handy, and check off items as you go—small steps add up to big shifts. Remember, be kind to yourself; progress over perfection. For more support, visit [Guilt Free Mind](https://www.guiltfreemind.com).

Daily Essentials (Aim for These Every Day)

- ☐ Get 7-9 hours of quality sleep – Wind down with no screens an hour before bed.
- ☐ Eat balanced meals – Include fruits, veggies, and proteins to stabilize mood and avoid sugar crashes.
- ☐ Move your body for 10-20 minutes – A brisk walk outdoors or gentle yoga to boost endorphins.
- ☐ Practice mindfulness – Spend 5 minutes on deep breathing or a guided meditation app.
- ☐ Limit alcohol and caffeine – Opt for herbal tea or water to keep anxiety in check.

Mindset & Emotional Check-Ins (Weekly Focus)

- ☐ Journal three things you're grateful for – Counter negativity with positives from your day.
- ☐ Reframe one negative thought – Swap "I have to" with "I get to" for empowerment.
- ☐ Acknowledge your feelings – Write down one emotion tied to holiday blues without judgment.
- ☐ Set realistic expectations – List one "must-do" and one "nice-to-have" for the day.



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Boundaries & Connections (Build These Habits)

- [] Say no to one draining event – Protect your energy with polite boundaries.
- [] Reach out to a support person – Call or text a friend for a quick chat.
- [] Plan a low-key connection – Host a small gathering or volunteer for a sense of belonging.

Mood Boosters (Try One New Thing Weekly)

- [] Engage in creativity – Draw, bake, or listen to uplifting music for 15 minutes.
- [] Get into nature – Take a short walk or hug a tree to reset.
- [] Perform an act of kindness – Send a thoughtful note or help someone anonymously.

Post-Holiday Transition (Prep for January)

- [] Schedule a fun activity – Book a hobby class or spa day to look forward to.
- [] Organize one small space – Clear clutter for a fresh start and mental clarity.

Track Your Progress: Note how you feel after each check-off (e.g., "Energized" or "Calmer"). If blues persist, reach out—call 988 or text HOME to 741741. You're taking brave steps; you've got this!