

Navigate the Holidays With Ease

Set Healthy Boundaries For Your Wellbeing!

The holidays can be a time of connection, but they can also bring stress. Here are tips to help you protect your mental health and create a season you enjoy:

Tips for Setting Holiday Boundaries

1. Prepare Your “No” Statements
 - “Thank you for inviting me, but I need to sit this one out.”
 - “I’m taking some time for myself—let’s catch up later!”
2. Set Time Limits
 - Plan how long you’ll stay at gatherings or social events.
 - Give yourself permission to leave when you need to.
3. Communicate Kindly
 - Be clear, respectful, and firm about your needs.
 - For example: “I’d rather not discuss politics at dinner; let’s talk about something uplifting instead.”
4. Schedule “Me Time”
 - Block out moments to recharge, whether it’s a walk, a nap, or a favorite hobby.
 - Let others know your downtime is non-negotiable.
5. Anticipate Pressure
 - If family or friends push your boundaries, calmly repeat your position.
 - Example: “I’ve already decided, and I hope you can understand.”

Why Boundaries Matter

- Boundaries allow you to manage your energy and focus on what truly matters.
- Setting limits helps prevent burnout and preserves your emotional well-being.
- They empower you to prioritize self-care without guilt.