

12 days of Selfcare

Tips & Tools for Navigating the Holidays

1

BE AWARE
OF YOUR
TRIGGERS

2

KEEP YOUR
EXPECTATIONS
REALISTIC

3

KNOW YOUR
LIMITS AND
BOUNDARIES

4

TRY TO STAY
IN THE
MOMENT

5

HAVE A
SUPPORT SYSTEM
IN PLACE

6

CHECK IN WITH
YOURSELF
EVERYDAY

7

PRACTICE
SELF
FORGIVENESS

8

TRUST
YOUR
INSTINCTS

9

PRIORITIZE
YOUR
OWN NEEDS

10

KEEP A LIST
OF ACTIVITIES
TO DO

11

PLAN
AHEAD

12

REMEMBER,
HELP IS ALWAYS
AVAILABLE

SouthLight
Innovative Behavioral Health

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