



## Holiday self-care and live meditation

According to Shelly Tygielski, “Self-care means asking yourself what you need and following through on the honest answer. Self-care can be as simple as getting to bed earlier on a work night, or as hard as taking a look at some of the habits you’ve created for yourself and their long-term effects.”

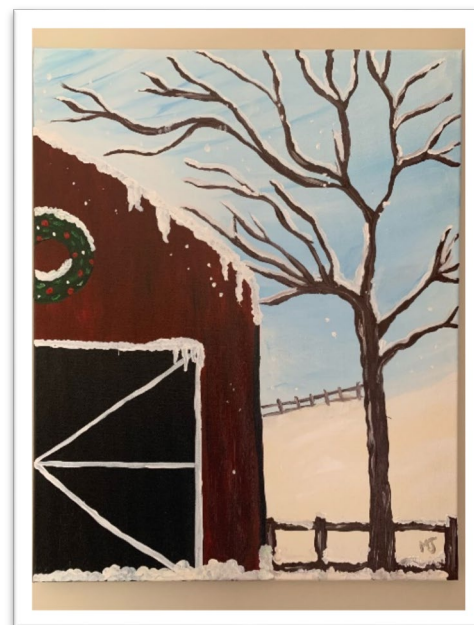
There are many benefits of self-care, including:

- Improved productivity
- Better health
- Increased resilience
- Better place to help others

The holidays may look a bit different this year, but they can still be overwhelming with holiday parties, shopping and cooking. Maybe there’s travel, and that can look very different, causing some additional stress. With a flurry of emotions, it’s easy to forget the joy of the season and more importantly taking care of ourselves.

So how do we take care of ourselves this holiday season among all the other things there are to look forward to? Here are some holiday self-care tips from our team:

- Get outside.
- Give the gift of joy.
- Listen to podcasts.
- Try a new outdoor activity.
- Coordinate virtual family gatherings.
- Use your pets for therapy.
- Start or restart a hobby.
- Watch happy holiday movies.



Sources: [mindful.org](https://www.mindful.org)\* [verywellmind.com](https://www.verywellmind.com)\*

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