

Self-Compassion During the Holiday Season

Self-compassion involves treating yourself with the same kindness, understanding, and patience you would offer to a friend in times of difficulty, while also recognizing your struggles without judgment, accepting your imperfections, and acknowledging your emotional experiences as a natural part of being human.

During the holidays, be kind to yourself by acknowledging the pressures you face and recognizing that it's okay to slow down. Treating yourself with understanding and patience helps maintain your well-being, ensuring you can enjoy the season without losing sight of your own needs.

REPLACE THIS

Common holiday thoughts that reflect stress or feelings of overwhelm

If I didn't do it, no one would.

Why is it always up to me to figure this out?

It's fine, I'll handle it.

It's just easier if I do it myself.

I can sleep after the holidays.

I have so much to do, I don't know where to start.

It's not perfect, but it'll have to do.

No one appreciates how much I do.

"I still have to [insert task] before the party starts.



WITH THIS

Alternative affirmations to promote self-compassion

I can let go of some tasks and trust others to contribute in their own way.

I'll involve others in planning so we can share the responsibility.

It's ok to ask for help with this to make things easier for everyone.

Let's split this up so it's more manageable for both of us.

I need to rest so I can fully appreciate the joy of the season.

I'll prioritize the essentials and let go of what doesn't truly matter.

Good enough is more than enough when it's filled with love.

I will communicate my efforts clearly and ask for support when needed.

I can ask for help with [task] to make everything run smoothly?