

The 7-Day Holiday Mental Health Checklist

Your commitment to self-care is the most valuable gift you can give this holiday season.

DAY	FOCUS & CHECKBOX
Day 1	The Power of Presence (☐)
<i>Self-Care Task:</i> Take 15 minutes for a mindful tea ritual, paying attention only to the smell, warmth, and taste. <i>Boundary Task:</i> Decline the first optional task/errand someone asks you to do.	
Day 2	Physical Anchor (☐)
<i>Self-Care Task:</i> Complete a 10-minute stretch or walk outside. <i>Boundary Task:</i> Set a firm 1-hour time limit for social media or news browsing.	
Day 3	Reflection Time (☐)
<i>Self-Care Task:</i> Do a 3-2-1 Journal check-in: 3 Grateful, 2 To-Do, 1 Feeling. <i>Boundary Task:</i> Commit to leaving your current activity (work, planning) at a specific time, and honor it.	
Day 4	Financial Freedom (☐)
<i>Self-Care Task:</i> Review your holiday budget (or create one) and identify one area to reduce spending by \$20. <i>Boundary Task:</i> Say "No" to a party or gathering you feel obligated to attend, but don't genuinely want to.	
Day 5	Digital Disconnect (☐)
<i>Self-Care Task:</i> Turn off all screen notifications 1 hour before bed and read a book instead. <i>Boundary Task:</i> Silence your phone during dinner or a dedicated period of family time.	
Day 6	Grief & Memory (☐)
<i>Self-Care Task:</i> Light a candle or write down a favorite memory of a loved one you miss this season. <i>Boundary Task:</i> Delegate one major holiday task (e.g., set the table, wrap presents) to a family member or friend.	
Day 7	Recalibration (☐)
<i>Self-Care Task:</i> Plan one quiet, solo activity for yourself (e.g., bath, nature walk) that lasts at least 30 minutes. <i>Boundary Task:</i> Inform three key people (partner, family, boss) about your energy levels for the coming week.	

Pro Tip: Hang this list somewhere visible, like your refrigerator, and use a pen to check off your commitment each day.