



Remember the “Me” in “Merry”

Holiday parties, shopping, decorating, family get-togethers, cooking, cleaning, prepping, cooking, baking, traveling, kids activities...

It's easy to forget to take care of ourselves during this time of year. Here are a few ways to slow down and be intentional about taking **me-time**

1. Enjoy a hot beverage

Sit down and enjoy coffee, hot cocoa, chai tea, cider or another hot beverage

2. Go to a movie by yourself

Treat yourself to a movie that YOU want to see

3. Head out for a hike

Take a walk around your neighborhood or check out some local hiking trails:

<https://www.wilco.org/Government/I-P/Parks-Recreation/Trails>

<https://www.alltrails.com/us/texas/burnet>

4. Put down the phone and read a book or magazine

Take a break from screen time and relax your mind by reading

5. Schedule “me time” activities ahead of time

We set aside time for others, why not set aside time for ourselves?

6. Get enough sleep!

Its tempting to stay up late finishing up chores, surfing facebook or binge watching Netflix. Get at least 8 hours of sleep to boost mood and productivity. Relax before bedtime by stretching, doing yoga, or reading (no phones, tablets or laptops!)

*Almost everything will work again if you unplug it...
Including YOU!*