5 Ways to take care of yourself during the holiday rush

It’s easy to get swept up in the holiday hustle and bustle. Between the festive parties, that extra-long gift list, and mountains of cookies, the days when you prioritized health and wellness can seem far away. But the holidays are so much more joyful when you take care of yourself first! Follow these five tips for self-care in the midst of the holiday rush:

1. **Take a break**
The holidays have a way of taking over your calendar. Keep in mind that you don’t have to say “yes” to everything — carving out time for yourself (without feeling guilty) and saying “no” is one of the best things you can do to stay present.

2. **Call a friend**
Take some time to reconnect with a friend or family member you haven’t called in a while. The holiday season is a perfect time to rekindle relationships, and talking to a trusted friend is a great way to relieve stress.

3. **Be generous with yourself**
The holidays are a time for gift-giving — to yourself! Doing something nice for you, whether it’s buying that gift you want or booking a spa day, serves as a reminder that self-love should always be your first priority.

4. **Make room for physical activity**
When you’re feeling the holiday blues (stress, anxiety, sadness), one of the best things you can do is work out. Regular exercise releases serotonin and dopamine, two hormones that regulate moods and boost happiness.

5. **Engage the senses**
Stay mindful by creating an environment filled with things that look, taste, smell, and sound pleasing. Scented candles, soothing music, tea, and your favorite blanket? Sounds like the perfect night in.

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