



December is National Stress-Free Family Holidays Month

Holiday self-care and joy map

This simple activity is designed to help you pause, reflect and balance caring for yourself while noticing the joy around you and the joy you bring to others. Jot down your thoughts or doodles and let your page become a gentle reminder that self-care and connection can go hand in hand.

What you'll need

- A sheet of plain paper
- Markers, crayons or pens
- Decorative trimmings and embellishments (optional)

Instructions

1. Using the included diagram, fill out each of these four prompts:

- **Something that restores me**
(*nap, tea, music*)
- **Someone I can lean on**
(*partner, friend, colleague*)
- **An example of how I've been there for others**
(*big or small*)
- **A holiday joy I noticed today**
(*lights, scents, laughter, etc.*)

2. Add doodles, colors, or stickers to decorate.

Do it your way!

Option 1: Daily Mini-Reflections

Best for people who enjoy short daily rituals (5 – 10 minutes).

- Each day, fill in all four prompts with fresh answers.
- At the end of the week, you'll have a collection of seven "maps" showing how your self-care and joys shifted day to day.

Option 2: Ongoing Weeklong Map

Best for those who prefer a slower, cumulative reflection.

- Keep one sheet for the whole week.
- Fill in one prompt at a time whenever you notice or remember something that fits (e.g., on Monday, add to "Something that restores me," on Wednesday, add to "A holiday joy," etc.).
- By the end of the week, you'll have a complete snapshot of your self-care, joy and connections.

Either way, the point is to keep it flexible and light—nourishing your self-care and joy, not adding another holiday "task."



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**Something that
restores me**
*(nap, tea,
music)*

**An example
of how I've
been there
for others**
(big or small)



**A holiday joy
I noticed today**
*(lights, scents,
laughter, etc.)*

**Someone
I can lean on**
*(partner, friend,
colleague)*