



Elf Care

Holiday Self-Care

Practicing self-care is as essential for providers as it is for your clients! During the busy holiday season, find time for yourself and follow these simple tips and Polyvagal Theory-based exercises to stay regulated.

1 Breathe
Take three cleansing breaths before each session and throughout the workday. [Use this shape-breathing tool](#) to help guide you — 10 minutes is all it takes.

2 Ground Yourself
Schedule “you” time between sessions to center yourself. Go back to basics with this grounding technique. *Acknowledge: 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you can taste.*

3 Stretch and Sigh
Breathe in, tilt your head back and audibly sigh as you release. Repeat five times to feel an immediate stress release.

4 Hydrate
Keep a bottle of water around to ensure you stay quenched. Proper hydration supports cognitive function and mood, among a myriad of health benefits.

5 Snack
Avoid the afternoon slump! Nourish your brain and body with a healthy bite to eat so you have enough energy for your appointments and meetings.

6 Silence Your Phone
Turn off non-essential notifications and set dedicated times for checking personal messages. It can be tempting to check your phone during the day, but these distractions can shift our focus away from the present.

7 Draw
Find tranquility by exercising your creativity. Keep a sketchbook nearby, or a meditation tool, such as a Buddha Board, and release through art.

8 Sync to Sounds of Safety
Listen to the Balance pathway of the Safe and Sound Protocol (SSP), one of three program pathways that offers lighter filtration to help you regulate and reset.

We're here to support you and your pursuit of the best therapeutic tools to help your clients live regulated and resilient lives. Learn more about the Safe and Sound Protocol and Polyvagal Theory at integratedlistening.com.

