Elf Care

Holiday Self-Care

Find time for yourself during the busy holiday season! To help you stay regulated, follow these simple exercises and techniques.

1 Breathe

Take three cleansing breaths before each session and throughout the workday. Follow a free guided meditation to help you release tension and focus on your breath.

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 offering 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 at unyte.com.

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