How to Set Healthy Holiday Boundaries

Amid the season's busyness, focus on daily practices that protect your peace, time, and values, helping you stay grounded and present through the holidays.

December 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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2025 December Resources

Complete this month's mini challenge!

December 1st

Block off a "quiet night in" on your calendar and protect it.

December 2nd

Practice a polite way to say no: "I won't be able to but thank you."

December 3rd

Set a spending limit that feels empowering, not stressful.

December 4th

Check in with your energy. What (or who) drains vs. fuels you?

December 5th

Give yourself permission to leave early (or skip) an event.

Clinical Check-In

Take a minute to watch this month's Clinical Check-In with Dr. Russell Vinik.

Watch Now ▶