

# LOLA'S HOLIDAY CHECKLIST 2018



It's the holiday season, guys, and it can be stressful AF. You need a few reminders to make it through the holidays still jingling. Lola's got you covered.

## TAKE CARE OF YOURSELF

- HYDRATE.** For every PSL you sip, have a big, cold glass of water to keep your body happy.
- SAY NO.** Hey, it's okay to say no if you need a break. Too often, we say yes to something we don't feel up for, bringing resentment to the table. You're not a grinch for holding space.
- TAKE YOUR MEDS.** Do not - I repeat - DO NOT try to be a hero this holiday and skip your meds. If you need a prescribed-to-you medication like Xanax when Aunt Bertha starts giving you the third degree, feel no shame and pop that pill.
- BE KIND.** You might not realize that someone's life can be falling apart, right next to you. Divorce, death, trauma, and disorders can all try to steal joy, so try to be kind even if you experience someone being a little bit naughty.
- REFLECT.** This time of year is crazy busy, so carve out a little bit of time every day to reflect on the good stuff going on.
- GO EASY ON YOURSELF.** Being surrounded by family and friends you don't always see can be a little bit intimidating, especially if you feel your life isn't as "put together" as theirs. But be yourself, be transparent, and remember that their shit stinks too.

Knowing  Lola