



# Kate Daigle Counseling

Nourishing Wisdom for  
Eating Disorder Recovery

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## Don't Finish Your To-Do List Before You Leave for Thanksgiving

*6 Tips to Take Care of Yourself to Prevent Undue Stress Over the Holidays*

- 1.) **Tell that Critic in your head to take a hike.** Most of us put undue pressure on ourselves to be excellent at everything. All this does is add stress and increase the expectations from ourselves and others. Try to find one area at work and one area at home where you can declare that “you don't need to be perfect and ‘good enough’ **really is** good enough”.
- 2.) **Disable your phone.** Or at least your work email. Make a pact to turn it off on Wednesday and not check it again until Sunday night or Monday morning.
- 3.) **Review your to-do list – do you really need to do all of that?** Chances are, most people are out of the office this week anyway. Prioritize, and find three things you can leave until after the break.
- 4.) **Don't skip meals.** Feel compelled to go on a diet to ‘prepare’ for the big day of eating? Starving yourself days or hours before will only put you at more risk for overeating and feeling guilty later. (Not to mention the toll that will take on your body and your mind). If you notice you feel out of control with food restriction or overeating, consult a qualified professional counselor. There are resources and techniques that can help you feel much happier and at ease with food and body image.
- 5.) **Invest in fancy bubble bath salts or grab your best friend for a coffee date (no work chatter allowed!)** How you spend your time and money reflects in what you value and sends a message to others. How are you going to be able to deal with your mother if you haven't taken care of your own needs first?
- 6.) **Reflect on last year.** Was all of the stress of “trying to get it all done” the week before Thanksgiving really worth it? How can you help yourself out this year: What can you say ‘no’? Where can you say “I need help”?

This information is provided as an educational resource only, if you need more in-depth and personalized support please consult a Licensed Mental Health Professional.

Kate Daigle, MA, LPC is passionate about helping professional women and other high achievers overcome self-sabotage and unrealistic expectations. She helps her clients to heal their relationships with food, their bodies, and themselves so they can live a life that really matters to them and be free of destructive behaviors. Read more articles about self-care in the workplace and during the holidays at [www.katedaiglecounseling.com/blog](http://www.katedaiglecounseling.com/blog).

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