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5 Things You Should Do to Feel Better About Yourself Before the Holidays

Our Friends · Friday, August 19th, 2016

With the picturesque months of fall fast upon us, it won't be long before all the major holidays start rolling around. Right after that you'll be confronting a new year, coming up with the new resolutions, and reflecting on whether you've accomplished any of the previous year's goals. For some reason, the passing of a major holiday, especially New Year's Day, has a strong psychological effect that causes many of us to start rethinking lives and making plans for the coming year. Fortunately, if you haven't exactly been an overachiever thus far, you've still got time to make things right. With that said, here are five things you can do to feel better about yourself before the holidays arrive:

1. Pursue a Career Change or Advancement

Working at a job you don't like or one that doesn't pay enough can be a primary cause of depression, financial frustration, low self-esteem, and the feeling that you're not going anywhere in life. Even if you're satisfied with your current wages and enjoy your job, taking the initiative to start preparing for an even more lucrative career can do a lot to give you a feeling that progress is being made. Consider pursuing [a degree that will give you plenty of job options](#) after graduating, such as a master's in business administration.

2. Take Up an Exercise Regimen

Exercising daily is one of the best ways to increase your productivity and fight off negative emotions. Studies have shown that exercise raises dopamine levels, and people who exercise are less likely to deal with depression. Plus, if weight loss was one of your new year's resolutions, becoming a fitness fanatic for the remainder of the year can do a lot to help you at least get close to reaching the goal that you've been neglecting up until this point.

3. Make an Effort to Start a Business

Now that you're exercising daily and studying for a degree, why not use some of your free time to [try your hand at launching a business](#). Even if it doesn't get you rich by the holidays, at the least you'll be able to say that you're currently in the process of launching a startup. Of course, if you choose to pursue an online MBA as per tip #1, you'll be in a much better position to succeed in the long-term.

4. Spend More Time with Family and Friends

Being socially active will not only get your mind off the everyday hustle and bustle, it's also [a great way to keep your relationships healthy](#) and ensure you're not spending the holidays feeling like a lonely underachiever.

5. Start Saving for Gifts

Finally, it's hard to feel good about yourself when the holidays roll around and you either can't afford or haven't [given much thought to the gifts you'll be giving](#). Like exercising and making progress, being generous can also release pleasure signal in the brain – there's nothing like seeing someone light up with a smile when they unwrap the perfect gift.

Start Today or It Won't Be Finished Tomorrow

A wise man once said, what is not started today will never be finished tomorrow. Whether it's studying for an MBA degree online or meeting weight loss goals, there's no sense in waiting to take the first step.

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