

# Holiday Survival Guide

## **PRIORITIZE REST**

Late nights and busy days can drain your energy fast. Make rest a non-negotiable by getting 8-10 hours of sleep and scheduling downtime, even if it's just 10-15 minutes midday.

## **SET REALISTIC BOUNDARIES**

Say "yes" to the things that bring you joy, and "no" to what doesn't. Saying "no" can be one of the most powerful ways to protect your energy and peace. I love to say, "No, but I'd love to be invited again next time."

## **CREATE A SELF-CARE KIT**

Gather items that help you feel grounded, like a favorite book, a journal, incense, or a cozy blanket. When stress hits, turn to your kit to create a mini escape and recenter.

## **MOVEMENT IS MEDICINE**

Find creative ways to stay active during the season. Try a winter walk, a fun dance session to holiday music, or even a quick stretch. Movement can keep your body and mind feeling great.

## **PRACTICE GRATITUDE DAILY**

Holidays are a great time to reconnect with gratitude. Start a simple practice of writing down three things you're grateful for each day. It's a small ritual with a big impact.

## **BUDGET WITH INTENTION**

Financial pressure is common this time of year. Set a spending limit for gifting and stick to it—remember, meaningful moments often don't require spending at all. But in your spending, don't forget to invest in yourself too!



# Holiday Survival cont'd

## **LIMIT SOCIAL MEDIA**

Social media can add unnecessary pressure to “keep up” during the holidays. Set a time limit on your apps or schedule media-free days to enjoy the present moment with real people .

## **BE PRESENT IN THE MOMENT**

Give yourself permission to savor the little things —whether it’s a quiet morning coffee, a beautiful winter view, or the taste of a favorite holiday treat. Slow down and truly take it in.

## **MAKE TIME FOR CONNECTION**

Reaching out to loved ones, even if just for a quick chat, can be deeply nourishing. A simple “thinking of you” message can lift spirits and remind you of your support system.

## **REMEMBER IT’S OKAY TO ASK FOR SUPPORT**

If the season feels heavy, remember you don’t have to do it alone. I’m here to help you develop strategies to manage stress and reclaim joy—whether now or in the new year. Feel free to book a strategy call to talk through your unique needs and goals.

Wishing you and yours a season of calm, joy, and connection. Let's make this holiday season a step toward a more resilient, balanced year ahead.

All the best,

*Yvonne*

