



# THRIVING THROUGH THE HOLIDAYS

The holidays are a season of connection, reflection, and celebration—but they can also feel overwhelming, stressful, or quiet in ways we weren't expecting. This guide is designed to help you:

- Rediscover joy
- Navigate family and social gatherings with curiosity and ease
- Find gratitude in the small moments
- Simplify and reset your holiday experience

You don't need perfection—just presence.



## Discover *Joy*

Do one simple thing that makes your spirit feel light each week—a favorite candle, a walk in fresh air, a cozy mug of coffee/tea.

## Create Connection & Belonging

*Invite warmth and togetherness*



### Reflection:

- Who do I want to feel more connected to this season?
- What energy am I longing for—laughter, conversation, quiet presence, or warmth?
- How can I create moments that matter, even in small ways?

### Try This:

- *Invite someone for a coffee, walk, or simple get-together—not to fill time, but to share connection.*
- *Send a thoughtful text, share a memory, or offer a genuine compliment.*
- *Be present & curious: Focus on noticing others' stories, emotions, or reactions instead of rushing to speak.*

## Holiday Reset

When things feel busy or heavy, *pause*, find a quiet place to sit and enjoy this Holiday Reset:

- 5 slow breaths, name gratitude with each exhale
- 5 slow breaths, name what you're releasing with each exhale
- 5 slow breaths, set one small intention with each exhale

## Recipe for Holiday Thriving

### \* **Pause & Breathe**

- Take a few slow, deep breaths. Let go of tension or expectation.

### \* **Notice the Moments**

- Look around—what brings you warmth or joy right now?

### \* **Invite Connection**

- Offer a smile, a compliment, or a small act of kindness.

### \* **Rediscover Joy**

- Do one simple thing that makes your spirit feel light this week—a favorite candle, a walk in fresh air, a cozy mug of tea/coffee.

### \* **Set a Gentle Intention**

- Before the day or gathering begins, silently set one small intention: "I will notice the joy around me," or "I will be present with those I love."

## A Peek at What's Next

The best is yet to come! After the holidays, I'll be sharing ways to help you carry this joy, presence, and connection into the new year—and beyond. Stay tuned for more inspiration, practical tools, and ways to thrive in every season. To ensure you are the first to hear about new offerings, let's stay connected!