

STRESS-FREE FESTIVITIES

Your Personal Care Guide for a Peaceful Holiday Season!

Purpose: To enhance the balance in all areas of your existence



SOCIAL

Enjoy intimate gatherings with immediate family. Be sure to BE PRESENT and strengthen communication by actually talking, not texting.

PHYSICAL

Don't forget to just breathe. Even while wearing a mask and social distancing, be sure to breathe. Adapt healthier eating habits and physical exercise.

SPIRITUAL

Whether via prayer, scriptures, or meditation, be sure to stay connected with your power source. Enjoy the personal holiday rituals that bring you joy (watching movies, decorating trees, music, etc).

EMOTIONAL

Feed your soul with music, cooking a good meal, decorating & decluttering, or even having a few laughs with family and recording it. Also consider random acts of kindness for someone in need.

MENTAL

Free your mind by feeding your mind. Utilize the power of meditating and speaking affirmations. Eliminate deadlines that cause stress and strategically flow with life. Also, connect with a therapist or coach.

GRIEF MANAGEMENT

Acknowledge those real and raw emotions that honor the loved one(s) you lost. Allow room for release and don't suppress it. Letting it go helps healing flow.