



10 Easy Steps to Nourished Living Through the Holidays

1. **Figure out your stresses through the holiday** – write them down
2. **Set your Intentions for the Holidays** – Be very specific with what you want. Also write intentions down every morning.
3. **Plan ahead** - Give yourself enough time to prepare a meal, decorate or plan a party so you are able to enjoy an event.
4. **Set a budget** – money can be very stressful. Think about why you are spending money on someone. Show love and caring other ways.
5. **Learn to Say No** - to events that are not important to you.
6. **Be Real** – Do not set expectations for yourself to have the perfect event, gift, or meal. Being mindful doing something manifest joy.
7. **Set Healthy Boundaries** – family problems don't magically go away because it's the holidays.
8. **Make Time for Yourself** – Spend at least 15 minutes a day alone without distractions. Give yourself time and space to be able to handle stuff that comes your way.
9. **Acknowledge how you feel** – If you are grieving express your feelings. Don't force happiness because it's the holidays.
10. **Keep and adapt Healthy Habits during the holiday season** – Get plenty of Sleep and Eat to Nourish your body.