

# A Stress-free Holiday Season



For many of us, the holiday season should be this perfectly happy moment of love and sharing but is often nothing else than stress, exhaustion and disappointment.

It is ok to feel stressed and anxious about the Holiday Season. What is not OK is to not do anything about it because there are plenty of little things you can do to dial down the stress and truly make it *"the most wonderful time of the year"*!

## Top Tips from Steph Peltier

### Ditch Perfection & Simplify

We all have a vision of the perfect Holiday Season but when we aim for perfection, we often set unrealistic expectations that can only lead to a sense of dissatisfaction or worse, failure. The secret is - while keeping your intention in mind - to simplify the logistics as much as possible. (Give the gift of time, Delicious but cooked ahead, Bring a dish, Involve the kids ... Be creative, simplification can also be a way to build a sense of connection and team spirit)

### Stress Buster : get some oxygen

4 inhale / 7 hold / 8 exhale x4 - Twice a day  
100-teeth-brushing-squat challenge

Starting these non-time-consuming habits today will boost your resilience and allow you to reset in the moment when stress shows up.

### Presence over presents : be mindful

When you notice that you get stuck in your head and are not enjoying the present moment, use the 5,4,3,2,1 technique  
Open your senses and name : 5 things that you see, 4 things that you touch, 3 things that you hear, 2 things that you smell, 1 thing that you taste

### More positive emotions : plan some fun

Adulting is not fun! Research says that we are living in fun draught. 97% of adults wish they had more fun, 60% miss the fun of their childhood (which did not happen by magic, it was carefully planned and organised by parents)  
Create opportunities for fun, for positive emotions, for gratitude and meaningful human connection (board games, fancy dress, question cards, gratitude jars ...)



## IT ALL STARTS WITH YOUR INTENTION

Having a clear intention will allow you to remain positive & focussed on the bigger picture and on what truly matters to you. It will make the runner-up to celebrations more enjoyable.

## What matters most?

The idea is not to sugar coat a period that might be tricky for you or to set yourself unrealistic expectations but to recognise what matters and what does not.

Simply ask yourself : What truly matters for me? What do I want to achieve for myself and for the people around me? When was your favourite Holiday Season and what made it so special to me?

This intention will soften the difficulties of the Holiday Season marathon, will drive you to make the right decisions and keep your mindset in a state of empowerment.

## The Holiday Season is

A time for

- Kindness & Generosity (volunteering)
- Connection & Sharing love
- Joy & Relaxation

An opportunity to create new rituals

- Gratitude
- Optimism, Positive Mindset
- Resilience, Rest, Rejuvenation