

LETTING GO

of Holiday Stress Before It Begins

01

Holidays can be a stressful time that brings up a lot for us. It is important during this month and all months to have a daily routine that can help alleviate some of the anxieties we face. It is perfectly normal to stress a little, but when it affects our mood, health, the way we treat others, and our happiness. We must look inward and find little moments to relax and calm the mind.





FILM NEGATIVE



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SELF-CARE

Routine

Regular self-care is a great way to keep you feeling good and keep that holiday stress at bay.

This means daily care routines. If you are low on time, you can still spend 5-10 minutes making sure your needs are met

- *Skin Care Routines*
- *Exercise*
- *Breath Work*
- *Journaling*
- *Affirmations*
- *Self Massage*
- *Visualization*

02

MEDITATION

Practice —————

Meditation is another stress and anxiety relief method to practice. Start by adding short sessions to your self-care schedule, Even if you only start at a few minutes. Remember, it is a practice. The more you do it the better you get. Then you can slowly start increasing meditation length.

Inhale and exhale. Accept yourself and clear your mind. Place your focus on some happy thoughts. Be thankful. Control your breath and relax

Meditation can be what you need it to be. From walking in nature and expressing gratitude, to sitting with yourself and clearing the mind. This is your practice.



03
FOCUS ON YOURSELF FOCUS ON YOURSELF

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LIFESTYLE + *Hobbies*

Flip your stress into positives. Allow yourself the freedom to let go and see what's truly important. You deserve joy. That can only be felt when you let go and embrace your life as a gift. Do what makes you smile and add those little things to your self-care routine. Read, take walks, make notes, sing, dance, see your people, don't take things too seriously, and keep dreaming

*You are already perfect.
All you have to do is
believe*



MINDSET

Tips

05

Focus on the good. Start each day with a happy thought. Write these thoughts down if it helps. After a few days of this practice, you will be able to find positive aspects even in those little things that used to bother you

Surround yourself with positive and happy people. Share your life experiences and moments with them. It is never too late to find new and like-minded friends.

