

wellness **iq**

Guide to a Stress Free Holiday Season



1. Reset Expectations (This Is Huge)

Reminder: Holidays don't have to be magical to be meaningful.

- Lower the bar by 30–40% (seriously).
- Choose 2–3 things that actually matter to you and let the rest be “nice if it happens.”
- It's okay if:
 - Plans change
 - Traditions evolve
 - You feel mixed emotions

Mantra: “Good enough is more than enough.”

2. Protect Your Energy (Not Just Your Time)

Energy drains faster than time during the holidays.

Try this:

- Say no without over-explaining.
- Leave events early if you need to.
- Build in recovery time after social events (even 20–30 minutes).

Energy Check-In Question:

“Will Future Me be glad I did this?”

3. Family & Social Stress: Boundaries Without Guilt

You are allowed to have boundaries—even with family.

Simple boundary phrases:

- “I’m keeping things low-key this year.”
- “I’d rather not discuss that today.”
- “That doesn’t work for me, but thank you for understanding.”

Key truth:

Setting boundaries may feel uncomfortable—but resentment feels worse.

4. Financial Calm (Without Shame)

Money stress is common this season. You're not failing.

Ground rules:

- Decide your spending limit before emotions get involved.
- Thoughtful \neq expensive.
- Experiences, notes, or time together count.

Permission slip:

You do not need to keep up with anyone else.

5. Manage the Emotional Whiplash

Holidays can bring joy and grief, nostalgia, loneliness, or pressure.

If emotions spike:

- Name it: “This is grief.” “This is overwhelm.”
- Let yourself feel without judging.
- Do something grounding:
 - Slow walk
 - Warm drink
 - Deep breathing (inhale 4, exhale 6)

You’re not “ruining” the holiday by having feelings.

6. Social Media Detox (Even a Mini One)

Comparison steals peace fast this time of year.

Options:

- Mute holiday-heavy accounts
- Take a 24–72 hour break
- Limit scrolling to specific times

Remember:

You're seeing highlight reels, not real life.

7. New Year Pressure: Ditch the “New You” Myth

You don't need a total reset on January 1st.
Instead of resolutions, try:

- One intention
- One habit to support your nervous system
- One thing to release

Examples:

- Intention: More rest
- Support habit: 10 minutes of quiet mornings
- Release: Self-criticism

Growth can be quiet.

8. Tiny Daily Nervous-System Reset (5 Minutes)

Do one of these daily:

- Stretch your shoulders + jaw
- 5 slow breaths
- Step outside and feel your feet on the ground
- Write one sentence: "Today I'm proud of..."

Small regulation beats big plans.

9. If the Holidays Are Hard This Year

If you're struggling more than usual:

- Reach out to someone safe
- Reduce expectations further
- Prioritize sleep, food, and water
- Consider professional support if needed

Struggling doesn't mean you're weak. It means you're human.

10. Final Reminder

You are allowed to:

- Rest
- Feel
- Change plans
- Say no
- Enjoy things quietly
- Not be okay all the time

This season doesn't need the best version of you
—just the real one.