



managing stress during the holidays

Holidays can be a season for joy and love and happiness. Though as women, we know that more often than not, it can be the season for obligation, anticipation & expectations.

So here are a few of our suggestions to manage stress in the upcoming holiday season.

With love and care, Kelsey and Jane



Do less.

The holidays add extra tasks to the usual “to do” list. Things like decorating, gift giving, and juggling invites can feel overwhelming. The concept of doing less starts with exploring what you want to do versus what you might feel expected or obligated to do. Then you make an intentional choice to do less - this could be choosing to not go to an event or ordering a holiday meal instead of cooking.

Maintain your routines.

Keeping your routines as consistent as possible is important to wellbeing. We get that kids may be out of school, and there are more events on the calendar. When we say keep your routines, we don't mean to imply that you should do all the stuff you usually do at the exact same time in the exact same way. For instance, if you have a general routine of exercising daily, practicing meditation, or attending social activities with friends, you should do your best to keep those in place with added flexibility regarding length and frequency.

Check in with yourself before, during & after events

Events, especially more formal ones (like your partner's holiday party where you might feel the need to engage socially with a boss or people you don't know or like) or family ones (where you may or may not have unpleasant or intense family dynamics) can elevate our stress levels just by thinking about them. We suggest self check-ins at multiple intervals starting with before, a few times during as possible and at least once after. These check ins can be a place for self-compassion, an affirmation, a body scan or taking space (like a bathroom break).



LIKE A
& *Mother*

Create rituals that feel good for you.

Rituals are activities that we can rely on to bring a sense of pleasure and groundedness. They can be something big or small, as long as they bring you joy.

Some suggestions - Christmas morning with just you and your nuclear family without in laws or grandparents - a cookie exchange with your friends - ordering take-out instead of cooking - rewatching the Home Alone or Die Hard series- getting hot cocoa and going to look at holiday lights

note

This guide is designed to help women, mothers and families navigate discussions about their needs. It is not intended to be a comprehensive guide or a replacement for therapy. If you are looking for additional information and support, please see our list of upcoming workshops or reach out to us.