

HOLIDAY SURVIVAL FIELD GUIDE

FOUNDATIONAL DAILY HABITS

- 30 mins of movement
- Whole-food-based meals
- Limit sugary drinks and ultra-processed foods
- 8 hours of sleep
- Stay hydrated
- Limit alcohol
- Practice gratitude



TIME & ENERGY BOUNDARIES

- Say “no” when overloaded
- Prioritize people and activities that matter
- Avoid over-scheduling
- Give yourself permission to rest



FINANCIAL CLARITY

- Make a holiday budget and stick to it
- Avoid going into debt for gifts or decor
- Choose simple meaningful decor updates



MINDSET & STRESS RESILIENCE

- Notice negative thought loops
- Reframe with supportive self-talk
- Look for something good in each situation



FAMILY & SOCIAL DYNAMICS

- Have an exit strategy for stressful interactions
- Shift the subject or politely excuse yourself when needed
- Don't try to change difficult relatives
- Protect your own calm



SOCIAL SUPPORT

- Use the buddy system
- Shop, plan, decorate, or decompress with a friend
- Create a signal system to get out of stressful social situations like a hand signal or safe word that means “get me out!”



SUPPLEMENTS (OPTIONAL)

- Use only if appropriate for you and consult your healthcare provider
- Look for simple, calming, natural supplements with 3rd party research support
- Opt for reputable brands like Mountain Peak Nutritionals and others carried by licensed healthcare providers

