



Breathe, connect, and enjoy...

Holiday Hustle

STRESS LESS & THRIVE CHALLENGE

7 steps to less stress & more peace this holiday season



Holidays... The Most Stressful Time of Year... But They Don't Have to Be!

The holidays are “supposed to be” the most joyful time of year, yet the reality is that they are often the most stressful.

In a recent American survey, 88% of respondents reported believing that the holidays are the most stressful time of the year. 77% said they have a very hard time relaxing during the holidays. The primary reasons given were time constraints, financial pressure, gift-giving, and family gatherings.

If you tend to get stressed out, down, or disappointed over the holidays, know that you are not alone.

Also know that there are ABSOLUTELY things that you can do to make this time of year less stressful, more fun, and more focused on connection and being present.

Relax and make memories with people you care about with these **7 easy steps to more peace and less stress** this holiday season...

- * Do It Messy
- * Gratitude
- * Grace
- * Boundaries
- * Acknowledge your feelings
- * Breathe
- * Return to Love

I want you to BREATHE and ENJOY this holiday season. Even when (not if) curveballs are thrown at you. Even when your stuff gets triggered. Start practicing these steps now to have a peaceful holiday season (and any time of year) without all the stress.

In your corner,



DeAnne



STEP 1 - DO IT MESSY (& LAUGH ABOUT IT)

Release the need to try to be perfect. It just gives you anxiety and it makes everybody else feel like slackers anyway. Give yourself permission to choose a different perspective this year. Give yourself permission to do it messy.

People WANT to see your imperfect, authentic self. It's what makes them feel connected to you, because you're just like them! So do it messy and enjoy taking that pressure off and just being yourself. Even better, LAUGH at your imperfection, the craziness of the season, or the messiness of your family.



STEP 2 - PRACTICE GRATITUDE

There is a whole lot in life that we don't have control over. One thing that we absolutely DO have control over, though, is how we choose to think and feel. Having not just an attitude of gratitude, but a PRACTICE of gratitude, is one of the simplest and yet most life-changing practices that you can adopt.

CHOOSING JOY isn't about being happy all the time. It's about having a deep sense of well-being and peace, no matter how messy or uncertain the circumstances look around you. That starts with gratitude. Bookend your day by doing a daily gratitude practice of 3 things you're grateful for in the morning and evening.



STEP 3 - GIVE LOADS OF GRACE

This is just a hard time for people, especially those that are alone or have no circle of connection. It brings up grief and loss when loved ones have passed on or relationships have ended. It brings up guilt, shame, and financial stress when people feel the pressure to conform to the commercialization and spending frenzy of the season. It brings up old family dynamics or tensions can arise around social or political differences. And it's just super busy.

So give others - and especially yourSELF - a break and some extra grace. Assume that people are having a hard time or are in pain. Reach out to people who have limited social support. Smile at people and just be extra nice and a good human.



STEP 4 - PROTECT YOUR BOUNDARIES

Start practicing it with me now... NO. NO. NO. Use your Yes's sparingly and your no's wisely. Protect your peace. Don't overcommit yourself. Say no to some of the holiday party invites. This is a time to protect your boundaries. Don't allow outside pressures to penetrate your bubble of peace.

Don't allow yourself to get sucked into family drama, people-pleasing, or overdoing. This is the PERFECT time to practice really claiming your boundaries and OWNING them. Allow into your personal space only what feels aligned and good to your soul.



STEP 5 - ACKNOWLEDGE YOUR FEELINGS

Make sure that you have a space where you can put your feelings down. Either do a word vomit in a journal, or talk to a coach/counselor/therapist, have a conversation with a supportive friend, whatever you need to do. What is important is that you simply acknowledge what you're feeling. If you're feeling grief come up, loneliness, stress, overwhelm, sadness, guilt, self-doubt, whatever it is.

When we keep those feelings inside or push them down, they just end up coming out sideways - through anger, depression, numbing behaviors, lashing out, isolating, etc. They need to be acknowledged so that they can be released.

STEP 6 - BREATHE AND GROUND YOURSELF

Stay grounded. When your fears, worries, doubts, and old 'stuff' get triggered, your amygdala kicks into flight-fight-or-freeze response and your nervous system goes into overdrive. To ground yourself quickly, take a couple of deep breaths in through your nose to the count of 4, hold it to the count of 4, and release out your mouth to the count of 6. This will reset your nervous system and calm the amygdala so you are able to RESPOND from a healthy, grounded place rather than REACT from your primitive survival instinct.

Peaceful, restful sleep is essential to the body and brain's restoration and healing. Doing a daily grounding practice (such as gratitude and/or meditation) will help reset your nervous system and calm your mind and body.

STEP 7 - RETURN TO LOVE

Remember that whenever your stuff gets activated, it's just old fears resurfacing...fear of not being good enough, not being loveable, not being worthy, not being capable, not being important, not being heard, being rejected or abandoned (all untrue), whatever it is for you. When that fear comes up, it's simply reminding you to come back to center. Come back to your authentic truth. Return to love.



AND DOESN'T THAT FEEL AMAZING OWNING YOUR PEACE?

I hope you're feeling better prepared to navigate the craziness of the season and any curveballs that it might throw at you. And I really hope you're more excited about being able to enjoy it, even in the messiness. Enjoying connecting and making memories with those you care about Because that's what it's really about, isn't it?

Want it to be SUPER easy to keep yourself grounded and less stressed this year?

Grab this Holiday Hustle Stress Less & Thrive Bundle

navigate the holiday season with peace, calm, and connectedness with this bundle of guided meditations, journal prompts, affirmations, and a daily joy & peace practice



"You should have an app for your guided meditations. These are amazing! I listen to them on my walk everyday!"

4 Guided Meditations

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Family Forgiveness & Light
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