



Holiday Thrive

A simple guide on how to thrive during the holiday season

Don't Say Yes To Everything

Decide which events and celebrations have the most meaning for you and say no to everything else so you can conserve your energy and avoid becoming depleted.

Self Care First

Make time to get up early and do the self care practices that nourish you most before you engage in full days or long nights of socializing. Your family will thank you for it!

Drink Warm Water!

Sip warm water throughout the day to avoid snacking and overeating. Your digestion will be stronger and you will feel better.

Spice Your Food

Include warming spices such as ginger, cinnamon, black pepper and nutmeg in your meals to help you break down the richer food of the season. Or chew on a few fennel and coriander seeds after eating to assist digestion.

Breathe Deep

Eat slowly and chew your food well. After eating sit quietly and fill up on some long deep breaths to keep from overeating and to stimulate digestion.





Say Grace

Create your own prayers of thanks giving to say around the holiday table. Ask everyone in the family to add something to it as it is a beautiful practice.

Favor Connection Over Consumption

Focus on creating real connections with your friends and family as a way of giving and receiving that is easier on everyone's pocketbooks as well as the environment.

Savor The Sensual Delights

Feast on the sights, sounds, and smells of the holiday celebrations and allow yourself to be nourished by the beauty and warmth of this time of year rather than filling up on excess sweet food and drink.

Have Options

Stock your house with healthy snacks and drink alternatives so you can make better choices more easily.

Cleanse & Renew

Clean out all the old clutter in your house that you don't need in order to help create mental space for the new year. Then sit down with your journal to review the ups and downs of the past year with gratitude, and vision what you want to bring to life next. (This is great to do with your family!)

Create a New Family Ritual

Ask your family members what holiday rituals mean the most to them and honor those, while releasing anything that you have been doing out of habit but which no longer serves. Or create some new family rituals that reflect your changing values. In our family we have let go of excessive gift giving and put more emphasis on the family meal as a way of celebrating the season and being together.

Get Outside

Go for family walks and spend time in nature to avoid the heaviness that can arise from overindulgence and too much time indoors.