



Holiday Harmony

A Practical Handout For
Stressed Leaders



Practice Wisdom for Wellness

1. **Commit to Self-Care.** Just 2 minutes of gentle and deep belly breathing 3 times a day can help your body release accumulated tension and stress.

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2. **Exercise Gratitude.** Make time in your day to powerfully shift negativity and uplift your mood by reflecting on 3 things you feel grateful for.

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3. **Eat Mindfully.** Resist the urge to overindulge and sabotage your health goals. Focus on eating slowly and savoring each bite to practice moderation.

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4. **Cultivate Body Awareness.** Taking breaks throughout the day to move, reconnect with your body and stretch will refresh your whole being.

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5. **Rest.** Give yourself permission to rest. Prevent burnout by providing yourself enough recovery time after completing a hectic schedule.

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6. **Foster Financial Well-being.** Prevent financial stress by committing to a holiday budget plan and consider using creativity to make meaningful gifts.

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7. **Audit Your Schedule.** Review your schedule and say “no” to activities that don’t align with your deeper values. Use that time to say “yes” to something that will make your heart happy.

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8. **Connect and Share.** Foster connections with family, friends, or colleagues. Sharing experiences and supporting each other contributes to emotional balance, strengthens positive bonds and increases overall wellness.

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9. **Positive Visualization.** Build brain muscles by using visualization techniques. Imagine positive outcomes to enhance your confidence, calm and resilience.

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10. **Resist Judgement of Self & Others.** Lead with compassion and empathy. Practice forgiveness to encourage healing and harmony in relationships.

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Need Some Help? Let's Brainstorm!

Like this handout? Join my mission to increase peace, positivity and freedom in our world by sharing this wisdom.

Have questions about these tips for wellness? Send me a direct message on Instagram and I'll provide you some personal feedback and recommendations.

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