

Managing the First Holiday Season After Separation and Divorce

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Happy Holidays!

The first holiday season after separation and divorce often seems like a very different experience. There are changes, particularly if you have children and have to navigate the challenges of coparenting at this hectic time.

This is a special time of year, regardless of what traditions you have or how or if you celebrate. Take time for self-care, connecting with things that bring you happiness and joy, and spending time with the people you love.

Wishing you the best of the season!

Mardi

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Plan Ahead:

- Calendar Management: "Get your glitter pens out! 📅✨ Marking down the kids' plays, gift deadlines, and some 'me time' because a well-planned holiday is a happy holiday! #HolidayPlanner #StayOrganized"
- Budgeting: "On a budget? No problem! 🎁💰 Crafting homemade gifts and planning cozy home dinners. Let's make budgeting a fun holiday challenge! #SmartSpending #HolidaySavings"

Self-Care:

- Regular Activities for Well-being: "Weekly yoga? Meditation? Or just a quiet cup of tea? 🧘‍♀️🍵 Yes, please! Keeping the holiday cheer with some self-care. #WellnessWednesday #HolidayZen"
- Health Focus: "Setting my bedtime and meal prep game strong! 🛌🥗 A healthy holiday is a happy holiday. Who's with me? #HealthyHolidays #SleepGoals"

Social Support:

- Nurturing Relationships: "Coffee dates and winter walks with my squad. ☕🚶‍♀️ Friends who uplift you are the best holiday gift! #FriendshipGoals #HolidayCheer"
- Support Group Involvement: "Joined a fab support group online. 💬👥 Sharing experiences and advice - holiday season, we've got this! #StrongerTogether #SupportSquad"

Children's Needs:

- Inclusive Planning: "Kids' holiday planning session: cookies, crafts, and lots of laughs! 🍪🎨 Their smiles make everything worth it. #FamilyFun #HolidayPlanning"
- Co-Parenting Coordination: "Coordinating holiday schedules like a pro! 📅🤝 Keeping it smooth for the kiddos. #CoParentingWin #KidsComeFirst"
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Emotional Management:

- Reflective Time: "My weekly journaling date with myself. 📓💭 Reflecting, unwinding, and staying grounded. #EmotionalWellness #HolidayReflections"
- Professional Support: "Chatting with my therapist - keeping the holiday spirit light and my heart lighter. 🗣️💞 #MentalHealthMatters #HolidaySupport"

Set Boundaries:

- Assertiveness: "Saying 'no' to what drains me and 'yes' to what fulfills me. 🚫✅ Holiday boundaries set for a joyful season! #BoundaryBoss #StressFreeHolidays"
- Communication: "Clear comms with family and friends: Here's how you can support me! 🗨️🤗 Keeping it real and respectful. #OpenCommunication #HolidayHarmony

Celebrate New Traditions:

- Creating Joyful Experiences: "Started a new tradition - holiday movie marathon! 🍿🎬 What are your favorite holiday films? #NewTraditions #MovieMagic"
- Personal Significance: "Finding joy in volunteering this season. 💌🎁 Giving back feels so good! What's your special holiday activity? #GiveBack #HolidayJoy"

Financial Management:

- Budget Adherence: "Tracking holiday expenses like a boss! 💹🎯 Keeping my finances and festive spirit in check. #BudgetingSkills #FestiveFinance"
- Financial Planning: "Met with my financial advisor - feeling empowered about my finances post-divorce. 💼💸 Here's to a prosperous new year! #FinancialFreedom #NewBeginnings"

Stay Active:

- Regular Exercise: "Just crushed my morning workout! 🏋️‍♀️🌄 Feeling energized for the day ahead. Who else is staying active this holiday season? #FitnessFun #HolidayEnergy"
- Nature Engagement: "Soaking up nature's beauty on my park walks. 🌳🚶‍♀️ Nature + holidays = pure bliss! #NatureLover #WinterWalks"

Mindfulness and Gratitude:

- Daily Practices: "Starting my day with a little meditation magic. 🧘‍♀️✨ Grateful for peace and quiet. #MindfulMornings #GratitudeEveryday"
- Gratitude Reflections: "Writing down three things I'm thankful for every night. 🌟📝 Surprised by how much joy it brings! #GratitudeJournal #CountingBlessings"

Limit Social Media:

- Conscious Use: "Scheduled social media breaks to soak in real life! 📵🌟 More time for holiday moments, less for scrolling. #DigitalDetox #RealConnections"
- Real-Life Focus: "Focusing on real-life chats over online chatter. ☕👥 Real talk, real laughs, real holiday warmth! #FaceToFace #SocialMediaBreak"

Celebrate Your Strength::

- Acknowledging Resilience: "Toasting to my strength and all the hurdles I've crossed this year. 🥂💪 Here's to us, the resilient ones! #StrongerEveryDay #CelebrateYou"
- Personal Celebrations: "Celebrating small wins and big smiles. 🎉🌈 Every step forward is a victory! #PersonalGrowth #CelebratingMe"



Hi, I'm Mardi Winder-Adams, a Certified Divorce Transition Coach. I am also a Board Certified Executive and Leadership Coach working with entrepreneurs and executives. With over a decade of coaching experience and over 25 years as a credentialed mediator in the United States and Canada, I know how often women's voices are not heard in mediation, negotiation, and discussions throughout the legal process.

Through experiencing my divorce and working with high-achieving women throughout the process, I empathize with the stress, frustration, overwhelm, and challenge of this life-changing event. I am here to support you in getting the right professionals, resources, and processes in place for you to go through divorce confidently and on your terms.

Divorce is difficult, messy, and sometimes even ugly, but you don't have to go through it on your own.

Find out more at:

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