



# The Mindful Holiday Collective

Embrace calm, and stress  
less this holiday season

# Week 2

## REFLECT AND CONNECT

“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

- Greg Anderson

### ***This Week's Meditation***

The holidays can often feel overwhelming, with endless to-do lists and busy schedules. This week's 9-minute guided meditation invites you to slow down and take a moment to pause amidst the hustle and bustle of the holiday season. During this meditation, you'll be guided to focus on your breath, ground yourself in the present moment, and reconnect with your body as you move through a body scan.

After listening, I encourage you to take a few minutes to journal or reflect on any physical sensations or emotions that came up during the body scan. Revisit this practice whenever you need to reconnect with your body, ground yourself, or find a few moments of calm during the holiday season.

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### **A Note About Mindfulness:**

Mindfulness is being fully present in the moment, without judgment. It's a way of slowing down and noticing the sights, sounds, and sensations around you. *The practice of mindfulness helps reduce stress, improve focus, and boost your mood.* By taking a few moments each day to breathe deeply or tune into your body, you can bring a sense of calm and clarity to your day. Give it a try, start small and see how it can make a difference in your well-being.

Source: American Psychological Association. (2012, July 8). Mindfulness: A way to reduce stress, improve focus, and boost your mood. APA. <https://www.apa.org/monitor/2012/07-08/ce-corner>

# Week 2



## JOURNAL PROMPTS

Throughout the week, aim to practice the HeartMath® breathing technique at least 2-3 times, followed by journaling on one of the prompts provided.

**1** How does your body feel right now? *Take a moment to check in with yourself. Notice any areas of tension. How does the act of slowing down and practicing mindfulness affect your physical state?*

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**2** What does rest and relaxation look like for you during the holiday season? *Reflect on what you need to recharge your energy. How can you create space for rest amidst the busyness of the holidays?*

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**3** How can you bring more presence into your day-to-day activities this week? *Think about one activity, that you can do with more mindfulness and presence. How might this shift affect your experience of the holidays?*

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# Week 2

## GRATITUDE PRACTICE

*"When I started counting my blessings, my whole life turned around"*

- Willie Nelson

### ***Why Gratitude Matters***

Gratitude is more than just a feel-good practice—it's a powerful tool for *shifting your mindset and improving overall well-being*. **Research shows that regularly practicing gratitude can reduce stress, boost your mood, and even improve sleep.** By focusing on what you're thankful for, you can create a ripple effect of positivity in your life, helping you navigate challenges with greater ease.

During our time together in The Mindful Holiday Collective, I challenge you to ***write down three things each day that you're thankful for***. It's a simple practice that can make a big impact.

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# Week 2

## FOUNDATIONAL WELLNESS TIPS

### Prioritize Rest and Quality Sleep

Sleep is one of the most important factors in maintaining your overall health and well-being, especially during the holiday season. Sleep is vital for your physical recovery, emotional resilience, and mental clarity. Inadequate sleep can lead to increased stress, irritability, and difficulty focusing, all of which can make the holidays feel even more overwhelming.

The recommended amount of sleep for most adults is 7-9 hours per night. However, quality matters just as much as quantity. Restorative sleep is essential for boosting your immune system, regulating hormones, and recharging your energy levels.

### Tips for Prioritizing Rest and Quality Sleep

- **Set a consistent sleep schedule:** Try to go to bed and wake up at the same time every day, even on weekends, to help regulate your body's internal clock.
- **Create a bedtime routine:** Engage in relaxing activities, such as reading, deep breathing, or gentle stretching, to signal to your body that it's time to wind down.
- **Limit screen time before bed:** The blue light from phones and computers can interfere with your body's ability to produce melatonin, a hormone essential for sleep.
- **Make your bedroom a sleep sanctuary:** Keep your sleeping environment cool, quiet, and dark to promote restful sleep.

**Avoid heavy meals and caffeine late in the day:** Both can disrupt your ability to fall asleep or stay asleep.

Source: National Sleep Foundation. (2024). How much sleep do we really need? National Sleep Foundation. <https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>

# Week 2

## MOCKTAILS WITH MINDFULNESS: REFRESH & RECHARGE

### Citrus Mint Sparkler

#### Ingredients:

- 1 cup water
- 1 tablespoon honey or maple syrup (optional, adjust to taste)
- Juice of 1 orange (or 1/4 cup orange juice)
- Juice of 1 lemon (or 2 tablespoons lemon juice)
- A handful of fresh mint leaves (or 1-2 teaspoons of dried mint, if fresh is unavailable)
- Sparkling water (about 1 cup)
- Ice cubes
- Orange or lemon slices (for garnish, optional)
- Fresh mint sprigs (for garnish, optional)



#### Instructions:

1. **Mint Infusion:** In a small pot, bring the water to a simmer. Once it's hot, remove it from the heat and add the mint leaves. Let it steep for 5-7 minutes, then strain out the mint.
2. **Sweeten (optional):** Stir in honey or maple syrup into the mint infusion while it's still warm, adjusting the sweetness to your preference.
3. **Combine the Flavors:** In a glass, mix the citrus juices (orange and lemon), and then pour in the mint infusion.
4. **Add Sparkle:** Add ice cubes to the glass and top with sparkling water for a fizzy finish.
5. **Garnish:** Garnish with fresh mint sprigs and citrus slices for a colorful, fragrant touch.