



The Mindful Holiday Collective

Embrace calm, and stress
less this holiday season

Week 3

REFLECT AND CONNECT

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

- Jean Shinoda

This Week's Meditation

The holiday season can often feel overwhelming, filled with endless tasks and expectations. This week's meditation offers a moment to pause, center yourself, and reconnect with your body. In this **6 minute** guided session, you'll be invited to slow down, breathe deeply, and honor your body. As you move through the meditation, you'll reflect on the gift of nourishment, not just through food, but through care, rest, and mindful attention to your body's needs.

After listening, I encourage you to consider how you can nurture your body and mind during this busy time, and how you can bring more moments of calm and nourishment into your day. Return to this meditation whenever you need a moment to ground yourself, release stress, and feel more connected to your body.

A Note About Nourishment:

"Something that nourishes - does or provides what's needed for someone or something to be healthy and to grow and develop". In practice, nourishing yourself can look like taking the time to prepare a home cooked meal, eating mindfully, or being intentional with your food choices.

Source: Source: "Nourishment." Dictionary.com, 2024. <https://www.dictionary.com/browse/nourishment>.

Week 3



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 What challenges do you face when it comes to eating nourishing, balanced meals during the holidays? *Can you overcome these challenges with intentional planning and mindful eating?*

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2 Think about your relationship with food. Do you feel balanced or guilty when it comes to nourishing yourself? *How can you shift your mindset around nourishment this season?*

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3 Reflect on a time when you felt truly nourished - physically, emotionally, or mentally. *What made that experience feel so fulfilling?*

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GRATITUDE PRACTICE

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more”
- Melody Beattie

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 3

FOUNDATIONAL WELLNESS TIPS

Mindful Eating & Why it Matters

Mindful eating is all about being present with your food and paying attention to your body's hunger and fullness cues. **Take time to slow down and savor each bite, noticing the flavors, textures, and sensations.** This practice helps you *reconnect with your body and promotes healthier eating habits*, as you're more likely to recognize when you're satisfied, preventing overeating.

Incorporating mindful eating into your daily routine can reduce stress around food and improve digestion. It also allows you to tune into what your body truly craves, guiding you to make nourishing choices. Try eating without distractions—no phones, TV, or multitasking—so you can fully enjoy the meal and your body's signals of nourishment.

Building on the principles of mindful eating, the Glucose Goddess Method offers practical strategies to help you maintain balanced blood sugar levels, reduce cravings, and boost your energy throughout the day.

The Glucose Goddess Method:

Simple Hacks for Steady Energy and Balanced Blood Sugar

- **Savory breakfast:** Start your day with a savory meal (protein and fats) instead of sugary options to prevent glucose roller coasters.
- **Vinegar once a day:** Take one tablespoon of vinegar before meals with high starches or sugars to reduce glucose spikes.
- **Veggie starters:** Begin meals with veggies (raw or cooked) to slow sugar absorption and minimize spikes.
- **Post-meal movement:** Move your body for at least 10 minutes after meals to help your muscles absorb glucose and prevent crashes.

Source: Inchauspé, J. (2023). The Glucose Goddess method: Your 4-week guide to cutting cravings, getting your energy back, and feeling amazing. Bookshop.

Week 3

MOCKTAILS WITH MINDFULNESS: REFRESH & RECHARGE

Citrus Apple Cider Vinegar Spritzer

Ingredients:

- 1 tablespoon apple cider vinegar
- 1 teaspoon honey or maple syrup (optional)
- 3/4 cup sparkling water
- 1/8 cup fresh lemon juice (or a mix of lemon and lime)
- Ice cubes
- Lemon or lime slices for garnish
- A sprig of fresh mint (optional)



Instructions:

1. In a glass, combine the apple cider vinegar and honey or maple syrup (if using).
2. Add the fresh lemon (or lemon-lime) juice and stir well.
3. Fill the glass with ice cubes.
4. Top with sparkling water and give it a gentle stir.
5. Garnish with lemon or lime slices and a sprig of mint.
6. Enjoy this tangy, refreshing drink that's great for digestion and hydration!