



The Mindful Holiday Collective

Embrace calm, and stress
less this holiday season

Week 4



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 Reflect on a holiday tradition or task that normally feels stressful. *How can you simplify things to make it a more enjoyable experience?*

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2 Write about a time you felt truly present this past week. *What did you notice, and how did it affect your stress levels?*

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3 Picture a simple, meaningful holiday moment that feels just right to you. *What makes it special, and how can you create more opportunities for that feeling in your daily life?*

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Week 4

GRATITUDE PRACTICE

"The roots of all goodness lie in the soil of appreciation."

- Dalai Lama

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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FOUNDATIONAL WELLNESS TIPS

Finding Calm in Chaos

Amidst the hustle and bustle of the holiday season, stress can creep in, making it harder to notice the quiet magic in everyday moments.

Mindfulness practices can help you step back and ground yourself.

Start by identifying what's within your control. Let go of perfectionism and remind yourself that it's okay to pause, breathe, and reset.

In the coming days when you feel begin to feel overwhelmed, use your senses to reconnect with the present moment. This exercise helps calm your mind and body by focusing on the here and now:

- **5 things you can see**
 - Look around you and name five things you can see. They can be big or small, like a book on the table, a tree outside the window, or even the texture of your clothing.
- **4 things you can feel**
 - Notice four things you can physically feel. This could be the weight of your feet on the ground, the fabric of your shirt, or the warmth of a cup in your hands.
- **3 things you can hear**
 - Listen for three sounds around you. It might be birds chirping, a ticking clock, or the hum of an appliance.
- **2 things you can smell**
 - Focus on two scents. If you can't immediately notice anything, try smelling your surroundings or a comforting item like a candle, essential oil, or your tea.
- **1 thing you can taste**
 - Acknowledge one taste, whether it's a sip of water, a piece of gum, or just the lingering flavor in your mouth.

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MOCKTAILS WITH MINDFULNESS: REFRESH & RECHARGE

Cranberry Citrus Sparkle

Ingredients:

- 1/2 cup cranberry juice (unsweetened)
- 1/4 cup freshly squeezed grapefruit juice
- 1-2 teaspoons honey or maple syrup (optional, to taste)
- 3/4 cup sparkling water or seltzer
- Ice cubes
- Fresh cranberries and a sprig of rosemary for garnish



Instructions:

1. In a glass, combine the cranberry juice, grapefruit juice, and honey/maple syrup (if using). Stir well to dissolve the sweetener.
2. Fill the glass with ice cubes, then top with sparkling water or club soda.
3. Garnish with fresh cranberries and a sprig of rosemary. Serve immediately and enjoy.