



The Mindful Holiday Collective

Embrace calm, and stress
less this holiday season



Week 5

JOURNAL PROMPT

As we conclude our journey in the Mindful Holiday Collective, take a moment to ground yourself by practicing a HeartMath® breathing technique. Once centered, shift your focus inward. Reflect on the insights you've gained and the growth you've experienced during this time as you respond to the following journaling prompt:

1 What were the biggest challenges you faced during the holiday season? *How did the practices of the Mindful Holiday Collective help you navigate these challenges? What opportunities for growth or change did you discover during this time?*

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GRATITUDE PRACTICE

"Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook and broadens our perspective."
Germany Kent

Write down three things each day that you're thankful for.
Gratitude journaling is a simple practice that can make a big impact.

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Week 5

FOUNDATIONAL WELLNESS TIPS

Prioritize Connection with Nature

Spending time in nature is essential for our physical and mental well-being. Connecting with the outside world can reduce stress, improve mood, and enhance cognitive function. During the holiday season, it's easy to get caught up in the hustle and bustle and neglect the restorative power of nature. Just 20-30 minutes of daily exposure to nature can have significant benefits.

Make an effort to incorporate nature into your daily routine. You might be surprised at how much it can improve your overall well-being during this busy time of year.

Tips for Spending Time in Nature & Mindfulness:

- **Mindful Walking:**
 - Focus on your senses: Pay attention to the feel of the ground beneath your feet, the sounds of birdsong, the breeze on your skin, and the scents of flowers or trees.
 - Slow down: Walk slowly and deliberately, savoring each step.
 - Bring your awareness to your breath: Notice the rhythm of your inhales and exhales as you walk.
- **Nature Observation:**
 - Find a quiet spot: Sit or lie down and simply observe your surroundings.
 - Use all your senses: Notice the colors, shapes, and textures of leaves, the movement of clouds, the sounds of insects, and the feel of the sun on your skin.
- Practice non-judgmental awareness: Observe your thoughts and feelings without getting caught up in them.



About Whitney Distefano



Hi, I'm Whitney Distefano, a women's health and wellness nurse coach. I help women turn their wellness goals into reality by getting to the heart of what matters, creating a happier, healthier, and more balanced lives.

I created this Mindful Holiday Collective because I understand how overwhelming and stressful the holiday season can be. As much as we look forward to this time of year, it can also bring up feelings of chaos, pressure, and a sense of being spread too thin. Through this guide, *my hope is to bring a little more ease, grounding, and joy to your days.* This is not just about surviving the holidays, but about embracing them with mindfulness, gratitude, and the ability to truly enjoy the moments that matter most. Together, we'll navigate the season with intention, calm, and connection.

**DO YOU WANT
MORE SUPPORT?**

**LET'S
CONNECT**

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