

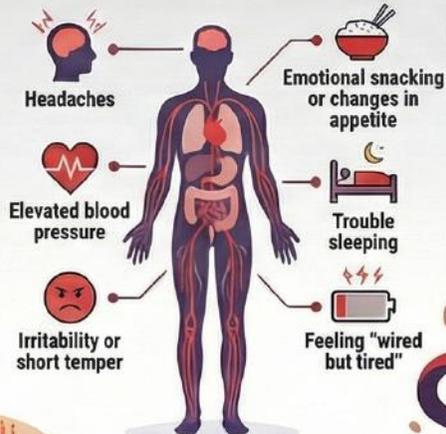
Your Guide to a Calm & Healthy Christmas

THE HOLIDAY STRESS PROBLEM

Why Christmas Stress Hits So Hard



7 Warning Signs You Need to Slow Down



YOUR SELF-CARE SOLUTION

The Christmas Self-Care Checklist

- Give yourself permission to say "no" to events or requests
- Delegate cooking, decorating, or hosting tasks
- Eat small, balanced meals to stabilize your mood and energy
- Hydrate frequently (stress dehydrates)
- Take 10-minute breaks for quiet time or deep breathing
- Step outside for a few moments to reset your mind
- Set clear boundaries with draining relatives or conversations
- Keep your medication schedule consistent

How to Manage the Big Days (Dec. 24-25)



MORNING

Start with a grounding activity: prayer, journaling, or a quiet walk.



MEALS

Avoid skipping meals. Limit salty foods if blood pressure is high.



SOCIAL

Choose peace: limit engagement in family drama.



ACTIVITY

Go for a short, after-meal walk for digestion and clarity.



ENERGY

Leave events early if overwhelmed. Protect your sleep schedule.

"Protect Your Peace: Christmas should feel good—not stressful. Protect your peace, your pressure, your sugar, and your energy this year. Take care of yourself so you can actually enjoy the season."