



# Holiday Energy and Balance Basics

*A gentle reminder guide for Christmas week.*

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This week isn't about fixing anything. It's about supporting your body through a busy, emotional, and often unpredictable few days. If things feel a little off, that's normal.

These are just small anchors to help you feel a bit steadier.

## **Eat to Stay Steady (Not Perfect)**

Holiday eating doesn't need rules. It just helps to give your body a few anchors.

A few gentle reminders that often help:

- Include **protein** when you can (eggs, yogurt, turkey, chicken, beans)
- Eat **regularly**, even if meals look different than usual
- Pair sweets or treats with real food so energy doesn't crash

This isn't about balance or control. It's about keeping your energy and mood steadier, so the day feels easier.

## **Hydration Helps More Than You Think**

### **Dehydration can show up as:**

- fatigue
- headaches
- irritability
- feeling "off"

### **A few easy reminders:**

- Drink water before coffee
- Sip water between festive drinks
- Warm fluids count too (tea, broth)

No tracking needed. Just notice.

## Protect One Sleep Cue

Sleep may be lighter or messier this week. That's okay. Instead of trying to fix it, choose **one small cue** that signals rest:

- dim the lights earlier
- put your phone on the charger before bed
- take a warm shower or bath
- slow your breathing for one minute

Even one consistent cue helps your nervous system feel safer.

## Take Tiny Pauses When You Can

Busy days don't leave much space, but even short pauses help. Try this when things feel full:

- Inhale for 4 seconds
- Exhale for 6 seconds
- Repeat 5 times

That longer exhale is a calming signal to your body, even in the middle of a busy moment.

## A Gentle Reminder

This week is not for improvement. It's for **maintenance, kindness,** and **presence**. You're not behind. You don't need to catch up. You don't need to start over. Support your body where you can. Let the rest be imperfect. Wishing you calm moments, warmth, and real connection this week.



**“Message me to learn more”**

## Want More Support?

Here are a few simple ways to keep going:

### 1. Watch the Weekly Wellness Discovery Show in my Wellness Community

Each week, we dive into topics like stress, sleep, energy, and ingredients that support real-life wellness.

*Inside my Wellness Discovery Group, you'll find replays, notes, and simple takeaways you can use right away.*

### 2. Join My Wellness Community

If you'd like ongoing support, recipes, routines, and gentle accountability, you're invited to **join my wellness community**.

We focus on real-life habits, simple routines, and science-backed wellness tools—not perfection.

### 3. Follow Me on My Hub Site

For all my latest:

- wellness resources
- show replays
- product favorites
- and upcoming events

visit my **hub site** and hit follow or subscribe so you don't miss updates.

## Final Encouragement (Best Match to the Stress Guide)

You don't need to do this week "right" for it to be meaningful. Steadiness comes from small, kind choices, not perfect routines. Sometimes, it looks like:

- Eating enough to keep your energy steady, even if meals are simple
- Protecting one small sleep cue instead of chasing perfect rest
- Pausing for a breath when things feel full or emotional

This week is about **support, not improvement**. Let your body be carried by simple anchors.

Let the moments be imperfect. Let yourself be exactly where you are. If you'd like help easing back into routines after the holidays or choosing gentle supports for energy, sleep, or stress, I'm always here to guide you.