

Tips for a Restorative Holiday Season

1. **Be intentional.** Spend time on what's most important to you. Think about: what you want to do, who you want to see & what you can let go of.
2. **Opt out.** It's ok to say "no." Parties & travel can be exhausting & costly. Decide what's most meaningful to you & kindly decline the rest.
3. **Fill up.** Spend time doing things that fill your tank & step back from things that drain your energy. Set aside time once a week for doing nothing.
4. **Unplug.** Enjoy some time reserved just for you: do your favorite hobby, pray, read a book, or cozy up by the Christmas tree & listen to music.
5. **Schedule time for FUN.** Gather around a fire to share stories, play games, go caroling, have an indoor snowball fight, or work a puzzle together.
6. **Read.** Take your time as you study the story of Christ's birth in Matthew 1 or Luke 2. Break down the Scriptures & meditate on the birth of our Savior.
7. **Take a break.** If an uncomfortable conversation arises at a gathering, change the subject or excuse yourself & take a walk or go play with the kids.
8. **Take a deep breath & pray.** Inhale for 4 seconds, hold for 2 seconds & exhale for 4 seconds. Do this 4 times & meditate on a short Scripture.
9. **Sleep.** Get plenty of rest each night so that you can actively participate in the things that are important & take a quick nap to recharge if you need it.
10. **Treat your body well.** It's ok to enjoy holiday treats but also feed your body nourishing food. Take time to exercise. If time doesn't permit for a workout, take a stroll around your neighborhood, enjoying the Christmas lights.
11. **End your day in gratitude.** Before you close your eyes at night, spend a couple of minutes writing down a few things or people that blessed you.
12. **Acknowledge your grief.** If you are grieving, give yourself grace in the way you manage this season. Surround yourself with people who love you & let them know how you are feeling.
13. **Stay connected to the Source.** Jesus is our source of joy, peace, patience & hope. Spend time with Him & experience the generous way He will fill you.