

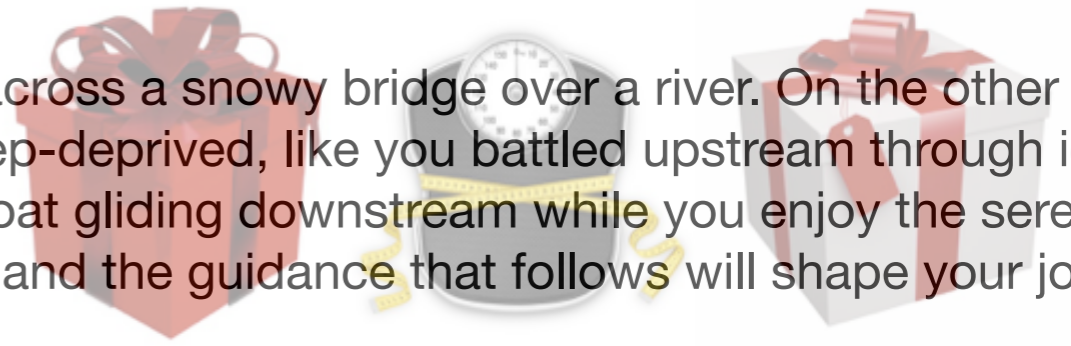


Summary: In the midst of holiday hustle, imagine standing on a snowy bridge at the crossroads of two paths—one promising a hectic, sleep-deprived 2024, and the other offering rejuvenation and readiness. As the winter season unfolds and festivities brighten the darkness, consider embracing rest as a gift to yourself. Slowing down and detaching from expectations doesn't mean missing out on fun; it's about making intentional plans for self-care and engaging in activities that illuminate your spirit. Finding balance during the holidays involves recognizing stressors, see how in article.

How to Rest through the Holidays

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I did not write this opening but I like it: Envision yourself strolling across a snowy bridge over a river. On the other side, two paths await. One leads you into 2024 feeling frazzled and sleep-deprived, like you battled upstream through icy waters. The other path brings rejuvenation and readiness, like a boat gliding downstream while you enjoy the serene sight of deer and rabbits along the shoreline. The choice is yours, and the guidance that follows will shape your journey ahead.



As the holiday season unfolds, and we endure the year's shortest days, festivities brighten the darkness let's take a cue from Mother Nature and recognize winter as a season of rest.

Slowing down, detaching from family expectations, and embracing a different approach may seem challenging. However, giving yourself the gift of rest and relaxation doesn't mean missing out on the fun. It's about making a plan, reserving time for yourself, and engaging in activities that truly illuminate your spirit.

If the idea of cozying up by a fire, getting extra sleep, or reading a book for leisure appeals to you, your body probably needs it. Remember, rest can be active too—playing the piano, solving a jigsaw puzzle, dancing, or painting can all contribute to your restoration plan. Being intentional about your holiday season will pay off in the new year, providing you with the energy to stay engaged and active in your life.

Ten Minutes for YOU

Now, let's identify ways to find balance this holiday season with two writing prompts. Grab a piece of paper and your favorite pen. Set a five-minute timer for each prompt, close your eyes, and let your heart guide you.

Prompt #1 - What is stressful for you about the holidays?

Recall past holidays and jot down what stressed you out. Was it family dynamics, the pressure to cook a perfect meal, or the strain of big parties? Dump it all out on paper.

Prompt #2 - What relaxes you?

Imagine activities that bring calmness and openness to your body. What do you daydream about during busy weeks? If you had a week off, what activities would you pursue? Capture these relaxing moments on paper.

Understanding your feelings and desires in just 10 minutes can unwrap a happier holiday for you and your loved ones. When you care for yourself, you have more to give to others.

Opening to Holiday Harmony

Craft a new holiday recipe by eliminating stressors and making time for the relaxing activities you identified. Exchange the usual traditions for nourishing moments, creating a holiday season that resonates with harmony.