

The Heart of Serenity:  
A Nurturing Journey  
Towards Joyful  
Celebration:  
A Holistic Guide to Holiday Peace

A Seasonal Gift from *Vickie-Marie*



CHRISTMAS IS NOT AS MUCH  
ABOUT OPENING OUR  
PRESENTS AS OPENING OUR  
HEARTS.



# Season of Enchantment

## Claiming your birthright of Peace + Ease this holiday season.

Embracing your inherent right to peace and ease this holiday season is a beautiful intention. As the year draws to a close, take a moment to reflect on what truly brings you joy and tranquility.

Allow yourself to step away from the hustle and bustle, and create space for relaxation and connection with loved ones. Consider incorporating small rituals into your daily routine, such as mindful breathing, gentle walks in nature, or enjoying a warm cup of tea. These moments of pause can help you center yourself and foster a sense of calm amidst the holiday chaos.

Remember, it's perfectly okay to say no to obligations that don't serve your well-being. Prioritize activities that nourish your spirit and bring you happiness. This season is not just about celebration; it's also an opportunity to honour your need for rest and rejuvenation.

This straightforward guide, drawing from timeless yoga wisdom and aimed at supporting our nervous systems, provides you with tools to return to your center when stress begins to arise. There's no need for lengthy meditation sessions or flawless yoga poses; just a few minutes can create a significant impact.

May you find peace in the simple moments, ease in your heart, and joy in the connections you nurture. Wishing you a holiday filled with warmth, serenity, and the comfort of knowing you deserve all the goodness that comes your way.

YOU ARE THE SKY.  
EVERYTHING ELSE— IT'S  
JUST THE WEATHER."

— PEMA CHÖDRÖN



## PLAN, PRACTICE, RINSE & REPEAT

Read through the 10 strategies, and plan your approach to the holiday season - it doesn't have to be elaborate, but make a simple plan of how you wish to embrace, or feel before, during and after the holidays.

Incorporating elements of the 5 tools, choose 1 or all 5. Rinse & Repeat x

## ***BE MINDFUL: Tune Into Your Body***

Awareness is the first step toward change. Pay attention to the signs of holiday stress—such as holding your breath, tense shoulders, or a clenched jaw. Recognizing these signals is crucial; it's time to use a tool from this guide to help you regain your balance.

## ***PAUSE***

You absolutely need to pause. Regardless of your location or activity, take a moment to excuse yourself. Whether it's stepping outside, closing your computer, or putting down your phone, make the effort. If you desire change, you'll need to shake things up!

## ***CHOOSE A TOOL.***

This guide features five tools, each addressing a specific holiday-related pain point. However, each tool can be effective in any situation. Experiment with all of them and focus on the ones that offer the greatest benefits for you—those that help you navigate through negative emotions, allowing you to choose new ways to think, feel, act, believe, and be.

# 10 Strategies to a MORE Relaxed and Joyful Holiday Season

The holiday season can often bring about a whirlwind of emotions and stress. However, with the right tools and mindset, it can transform into a time of joy and tranquility. Here are some effective strategies to help you navigate holiday stresses and embrace the spirit of the season.

- **Mindful Planning:** Start by creating a holiday plan that outlines your priorities. Break down tasks into manageable steps to avoid feeling overwhelmed. Use a calendar or planner to schedule activities, shopping, and family gatherings, allowing for ample time to enjoy each moment.
- **Set Realistic Expectations:** Understand that perfection is not the goal. Embrace the imperfections of the holiday season, and focus on meaningful experiences rather than flawless execution. Share your thoughts with family members to align expectations and reduce pressure.
- **Practice Gratitude:** Cultivating a mindset of gratitude can significantly alter your perception of stressors. Keep a gratitude journal to jot down things you appreciate each day. This simple practice can ground you in positivity amidst the holiday hustle.



- **Incorporate Relaxation Techniques:** Consider integrating relaxation techniques into your daily routine. Practices like deep breathing, meditation, or gentle yoga can help calm your mind and body. Even a few minutes each day can create a sense of peace.
- **Limit Social Media Consumption:** Social media can often amplify feelings of inadequacy during the holidays. Take breaks from social platforms to focus on your own experiences rather than comparing them to curated online images.
- **Delegate Responsibilities:** Don't hesitate to ask for help. Delegate tasks to family members or friends, whether it's cooking, decorating, or gift-wrapping. Sharing responsibilities fosters connection and lightens the load.
- **Create a Cozy Environment:** Transform your space into a tranquil haven. Use warm lighting, soothing scents, and festive decorations that resonate with you. A cozy atmosphere can enhance your mood and make holiday gatherings feel more inviting.



- **Schedule Downtime:** Amidst the busyness, carve out time for yourself. Schedule moments to unwind, whether it's reading a book, taking a warm bath, or enjoying a peaceful walk in nature. Prioritizing self-care will recharge your spirit.
- **Engage in Meaningful Traditions:** Focus on traditions that bring you joy and foster connections with loved ones. Whether it's baking holiday treats, volunteering, or watching classic movies together, these activities can create lasting memories and enhance your sense of belonging.
- **Embrace the Joy of Giving:** Shift your focus from receiving to giving. Volunteer your time or donate to a cause that resonates with you. Acts of kindness can boost your mood and serve as a reminder of the true spirit of the season.

**By implementing these strategies, you can cultivate a sense of tranquility and harmony during the holiday season. Embrace each moment with an open heart, and allow the essence of the holidays to fill your spirit with joy and peace.**

BETWEEN STIMULUS AND RESPONSE,  
THERE IS A **SPACE**.

IN THAT SPACE IS OUR POWER  
TO CHOOSE OUR **RESPONSE**.

I WILL MEET YOU **THERE**.

— VIKTOR FRANKL

Choose a Tool -  
Rinse and Repeat

# 01 EMOTIONAL TURBULENCE FROM FAMILY & SOCIAL DYNAMICS

When emotions run high, a simple somatic practice can reconnect you with your inner calm.

## HIP SWAYING

Rocking and swaying in any way, shape or form are innately soothing to our body and nervous system.

1. While standing, simply rock/sway/swing your hips side-to-side.
2. You choose how much, and how fast. Find what works for you.
3. A variation is to move your hips in a figure 8 shape or infinity symbol shape
4. Try to relax abdomen, bringing your attention to your breath. Long slow exhales.
5. When you feel centred , take 1-2 rounds of full breath.

### ***The Effect:***

This physical connection to your pelvis and hips, along with the calming movement can shift you out of the emotional chaos and into a place of calm and security, no matter what is happening around you.



# 03 FEELING OVERWHELMED BY EXPECTATIONS

When you feel like you're being pulled in a million directions, this simple tapping tool (EFT) can bring you back to the present moment.

## TAPPING TOOL

1. With two fingers - Begin tapping lightly on your sternum/breastbone, under the collar bone, in the middle of your chest. As you begin to tap, find a rhythm or pace that suits you.
2. As you tap, say to yourself "I am OK. It will be OK. I am safe." or a phrase that suits you.
3. Repeat this combination of tapping and the statement above for as long as you like, but at least for 30 seconds.
4. When you have finished, take a breath or two.

### ***The Effect:***

This simple tool can aid in calming your nervous system and send the message to your body that you are SAFE, giving you space to reset and respond calmly.

# 04 FEELING DISCONNECTED FROM YOURSELF

When you feel disconnected, these grounding technique can aid you in tuning back into your body.

## GROUNDING

Grounding techniques are simple, effective exercises that help anchor you in the present moment, especially during times of anxiety, stress, or overwhelming emotions.

- Classic grounding is simply to ***get outside barefoot, on grass, sand or dirt***. Close your eyes and bring your attention to your breath - taking 8-12 rounds of slow equalised breath.

**However**, if this is not possible due to the climate of where you live, try:

- Going outside and putting your back up against a tree. You can also hug the tree, if you like. Close your eyes and bring your attention to your breath.
- Go outside if it is sunny, and turn your face to the sun for 2-5 minutes.
- If you really can't get outside, soak your feet in warm/hot water with Epsom salt &/or Sea Salt. Add a few drops of essential oils, if you like. Refrain from looking at screens, and bring your attention to your breath.

### ***The Effect:***

Reconnecting with nature - helps reconnect with the present moment, and tuning into your body & breath.



# 05 EXHAUSTION AND HOLIDAY BURNOUT

The pressure of keeping up with holiday expectations and tasks can lead to burnout. Use this simple breath pattern to restore balance to your day.

Box Breathing - 4:4:4:4

1. Breathe in for a count of four - 1-2-3-4.
2. Hold the breath for a count of four - 1-2-3-4.
3. Breathe out for a count of four - 1-2-3-4.
4. Hold the breath out for a count of four - 1-2-3-4.
5. Repeat as long as you like, however explore for at least 6-8 rounds.

## ***The Effect:***

When you are short on time, this breathing tool can bring you back to equilibrium, giving you more energy in a balanced way.

# SUMMARY

## Remember

These strategies & tools are here to help you feel in control of your reactions and feelings, regardless of the external stimuli. You deserve to feel calm and centred throughout the holiday season.

Try these techniques whenever life gets off kilter, and watch how quickly they help you find your balance again.

## Endnote

You have the power to take charge of your emotional experience, no matter what external pressures you face. Let this season be one where you feel more connected to yourself than ever before. Breathe, reset, and remember—you've got this.

# LOOKING FOR MORE TOOLS or HABITS?

In 2025 - I will be launching the Yoga Project 52 - where I will be exploring different tools, and habits that you can incorporate one week at a time.

Each week I will send out an e-mail outlining a yoga flow video, an affirmation, quote, and breathing practice to incorporate into your week. I will also be breaking down a pose with variations and modifications. The Yoga 52 Project is entirely free, and can be accessed via the social media groups and YouTube.

To learn more e-mail me or reach out on social media links.



# THANK YOU

I hope this guide inspires you to put yourself first this holiday season.

You are welcome to reach out to me with any questions - I would love to hear from you.

Have a blessed holiday season, and I look forward to seeing you in Yoga Project 52 In 2025

Many Blessings

Vickie-Marie x

