

Holiday Survival Guide

2020 Edition



*I am making it easy for you to ditch the
stress, anxiety, & overwhelm this
holiday season!*

Liz Penny Wellness Coaching

WELCOME!

Cheers to 2021!

The holiday season is approaching and most of us are in a state of panic when we should be enjoying the merriest time of the year with family & friends!

This holiday season is sure to bring about more stress, anxiety, tummy troubles, & more due to our worldwide pandemic.

This year our celebrations will look different and many traditions will be reinvented due to the ongoing covid scare. This year it is especially important to take care of our mental and physical health in order to stay strong in mind & body through the holiday season.





Before We Begin...

SET YOUR INTENTION FOR THIS HOLIDAY SEASON

Setting an intention is a powerful way to stay accountable and on track this holiday season. It will help you stay present and open minded about the tips & techniques I'm sharing to help you find balance & flow in your life.

Adopting healthy habits and feeling great is a much easier task when you have the right support, system, and accountability so I want to invite you to book a complimentary breakthrough session where I will be supporting you through a healthy holiday season and beyond.

In this 50 min session we will set your intention and I will give you the right system, support, & accountability so you are guaranteed success during the chaotic holiday season!

In this 1:1 breakthrough session you will have access to me, as well as the tips, strategies, and recipes I'm always sharing. I want to make your experience as effective as possible. Come prepared to ask questions to make the most of our time together. All questions are welcome. [Book Call Now!](#)



SIMPLE TIPS TO HELP REDUCE STRESS & ANXIETY AROUND THE TABLE THIS HOLIDAY SEASON

#1 Take A Taste

When you do decide to have the slice of pie or helping of mom's stuffing, focus on savoring the food instead of inhaling it.

Moderation and paying attention to portion sizes go a long way to keeping us healthy and feeling good.

If this relationship with food is something that you struggle with (I know I have), I recommend taking a moment to breath. Take 10 slow deep breaths and remember how all this food will make you feel mentally & physically tomorrow.

#2 Hydrate

Staying hydrated is super important this time of year for a few reasons. We tend to consume more sugar, (hello cookies) & salt and we tend to partake in more adult beverages during the holidays.

If you're feeling super hungry, focus on drinking water before you go for that plate of food. Sometimes that hunger is actually a sign of thirst.

If you're finding yourself craving sugar and salt, your body is likely depleted in minerals. Aim to get 64oz of water each day.

#3 Say No

The key to staying healthy and feeling good (both physically and mentally) during the holidays is to avoid eating everything in sight. Pick one indulgence and say no to everything else.



SIMPLE TIPS TO HELP REDUCE STRESS & ANXIETY AROUND YOUR FINANCES

#1 Set a Budget on Gifts

I love giving & gifting and making people happy around the holidays, but I don't love credit card debt or late bill payments.

Setting a gift budget will help you stay in control of your finances, keep you out of overwhelm, and lessen your stress and anxiety around gift giving.

#Keep a List of Gifts Purchased

Keeping a list of gift purchases will help you stay organized and it will help you avoid missing a co worker or family friend this holiday season.

This list will also help you avoid over spending while shopping for loved ones.

#3 Say No to Credit Card Debt

NerdWallet reports more than one in four Americans who used their credit cards last holiday are still paying off their balances from 2019s splurging, almost three-fourths still plan to use a credit card to pay for gifts this year. Setting a budget and keeping a list to avoid over spending will help you say no to credit card spending this year.

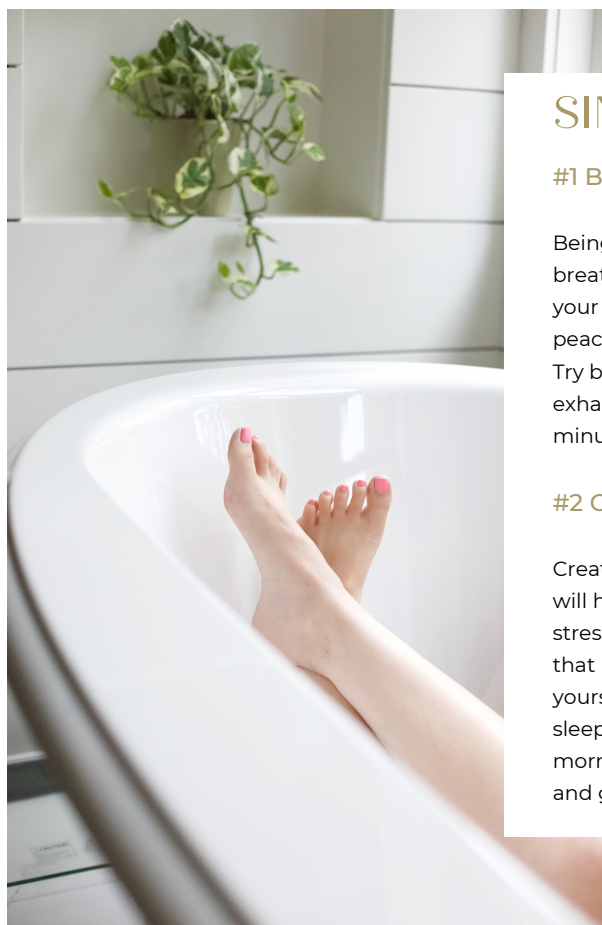
Simple tips to help you reduce stress and anxiety around family gatherings in person or via zoom



Creating new traditions using facetime, zoom, or other apps to connect is a great way to stay positive this year and celebrate with family. This year there is absolutely NO excuse for not seeing family & friends because we have the technology to connect and stay safe.

For tricky family situations -- like deciding where to spend the holidays since we are not able to gather due to covid -- speak with both sides of the family to see if there's a compromise, such as live streaming or setting up a zoom call so all members of the family can be present & enjoy the celebration without the risk of spreading Covid.

Bonus: Self Care is a must to keep you calm, present, & happy during the holiday season...



SIMPLE SELF CARE

#1 Breath Work

Being mindful and focusing on your breath for as little as 2 minutes will reset your central nervous system, creating peace and balance to your mind & body. Try box breath. Breath in for 4, hold for 4, exhale for 4, hold for 4. Repeat for 2 minutes.

#2 Create Daily Rituals

Creating a morning & evening routine will help you lessen the symptoms of stress & anxiety. Focus on doing things that bring you joy and will help you set yourself up for a productive day & restful sleep. Try adding a smoothie to your morning routine to help boost immunity and get a full serving of fruits & veggies.

IMMUNE BOOSTING SMOOTHIE

Smoothies are the EASIEST way to incorporate your daily servings of fruits, veggies, fiber, and protein into your daily routine. Just one smoothie per day will help you create optimal health in your mind & body. Try this immune boosting smoothie to help you combat flu and cold season.

1 ½ cups water, or almond, hemp, or coconut milk
1 cup kale
½ cup parsley
½ red pepper
1 tablespoon ginger root
5 drops stevia or 1 teaspoon honey
1 vanilla protein powder (optional)

Blend & Enjoy!





THANK YOU

Thank You for being here friend!
I hope that this helps you find your flow this
holiday season and reduce symptoms of stress &
anxiety.

-Liz

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