

Mindful Living Collection

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# Mindful Holiday

*Creating Restorative Pauses to Stay Sane and Healthy*



SAVORING YOUR MINDFUL HOLIDAYS

*by Karen Powers Wan*

## Stay Mindful to Increase Your Joy . . .

This is the time of year when we can get distracted from the goals we have followed all year.

***It's so easy to create more waste and waist during the holiday season.***

This made some sense in eras past when food wasn't abundant, and people needed a reason to celebrate the upcoming winter with its long nights and cold days.

We have different options today that can leave us less depleted and more delighted. This guide offers some suggestions on how to savor your holidays through mindfulness and strategies that work for you.

# Tis the Season to Be Mindful

## *Creating Joyous Rituals*



One of the goals of a mindful holiday is to create memories and moments to treasure and inspire you for the coming season. We are not so unlike our ancestors that we don't need to take time to remember the good in the past year, and rejoice in friends and family.

It's up to you to decide what a mindful holiday looks like.

The checklists in this ebook are designed to help you develop your own strategy for experiencing more joy and less stress.

Many of us want to keep up a green lifestyle, which means that we waste less, and use our resources wisely.

# Healthy Holidays

An important part of restorative prosperity is how you pay attention to your health. Mindful holiday eating and exercise habits tend to be one of our big challenges at this time of year.

Many of us, myself included, have often used the holidays as an excuse to eat poorly, and neglect personal care.

On the next page, you will see a personal holiday mindfulness checklist some suggestions on how much time you will choose to spend your time on personal care during the holidays.

It's a broad sweep of what you might choose to do. The most important action is making choices for yourself.

For instance, you might choose to spend 5 or 10 minutes on meditation once per week, rather than every day, if that's what feels right for you during the holidays. Daily restorative pauses are better for most of us, but do what works for you.

# Personal Holiday Mindfulness Checklist

DAILY PERSONAL RESTORATION		
Mind	2 to 3 hours per week	How would you like to keep your mind clear and refreshed?
Body	10-60 minutes daily	How much will you move every day?
Energy	30-120 minutes for meal preparation - doesn't need to be you	What type of nutritious meals will you choose?
Savoring Your Food	2-3 hours	What would you like to savor most over the holidays? Depending on how many meals you eat, you have many options on how to celebrate the holidays.
Creative Actions	2 - 4 hours	What could you create this holiday season? Would you like to make holiday gifts? Or create a gathering of friends and family?
Group Activities	2- 4 hours	Which group activities would you truly enjoy doing this season? It's ok to say no.
Restorative Pauses	2 to 5 minutes every hour	Could you take a restorative pause every hour, to stay centered and feel more energy during the day?

What different choices might you make this holiday season around self nurturing?

# Final Thoughts



I hope you find this checklist useful, and thank you for taking part in a mindful holidays workshop or retreat.

Please nurture yourself by creating your own mindful holiday traditions.

If you would like to go deeper with this material, consider joining my holiday retreat on the Winter Solstice or scheduling a life mapping session with me at [karenpowerswan.com](http://karenpowerswan.com).

May you find joy in your mindful holidays!