

| REFLECTIONS UPCI PODCAST |

Holiday De-Stress part 1

LET'S TALK with Gindy Miller

Ep. 8



Reflections

HOLIDAY DE-STRESS PART 1 & 2

Episode 8 & 9 | Let's Talk Guide | Nov/Dec '23



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BOOKS

- *Free to Focus*, Michael Hyatt
- *The Ruthless Elimination of Hurry*, John Mark Comer
- *The Life-Changing Magic of Tidying Up*, Marie Kondo
- Books by Joshua Becker



Join us for a two-part series on de-stressing the holidays. Our guest, Shelley Coon, of The Goodness Margin, will be sharing her personal and professional experiences to help us as we reclaim the happy in the holidays.

DR. CINDY MILLER
Podcast Host



OVERVIEW

The holiday season is often regarded as the most wonderful time of the year; however, for many people, it can be the most stressful time of the year. But there is good news. If you plan ahead and commit to the plan, you can have a wonderful holiday season. Review these practical reminders for a happier holiday season.

- **Keep Christ First.** Start every day focused on God.
- Prepare for the Holidays. Decide as a family what to keep and what to give up in your busy schedule.
- **Set Realistic Expectations.** Managing your expectations during the holiday season can help avoid disappointment or feeling overwhelmed.
- **Delegate, Delegate, Delegate.** You cannot do it all. You are not a one-woman show. Ask for the help you need.
- **Stay Active.** Exercise can help significantly to reduce holiday stress by increasing endorphins and reducing stress hormones.
- **Practice Healthy Habits.** Balance eating with more healthy options. Stay hydrated with plenty of water.
- **Be Gracious.** Out-of-control emotions are your responsibility. They serve as a warning to spend time with the Lord and practice healthy habits.
- **Practice Gratitude.** Expressing appreciation is something we should practice daily.

RESOURCES

Blog: thegoodnessmargin.com

Private Facebook group (\$10 per month subscription):

thegoodnessmargin.com/privatecommunity

Instagram: [instagram.com/thegoodnessmargin/](https://www.instagram.com/thegoodnessmargin/)

Facebook: [facebook.com/thegoodnessmargin/](https://www.facebook.com/thegoodnessmargin/)

YouTube: [youtube.com/@thegoodnessmargin](https://www.youtube.com/@thegoodnessmargin)