

Rock the Holidays **HEALTHFULLY WITH JOY & EASE**

WELCOME!

It's not only possible, but we can make it the new-norm to enjoy each and every moment of planning, wrapping and family this holiday season!

Read through the guide and pick the things that feel they will be most meaningful for you to incorporate into your life, then ... JUST DO IT!

Choosing one thing and doing it consistently is MUCH more effective than choosing everything and not doing it.

It can be tempting to learn something useful and put it on the shelf "for later," but the tools we don't use now aren't able to support us!

BREATHING FOR STRESS MANAGEMENT

Breath work is one of the most powerful, simple and wonderful ways to shift the way you feel instantly. It greatly supports your body in relaxation, mental clarity, focus and overall feelings of peace and joy. Try practicing breath work, using the exercises below, or even just becoming more conscious of your breath, daily.

Deep Belly Breathing

- Place one hand on your belly and one hand on your chest;
- Focus on creating a full inhale, expanding your belly and chest as you bring the breath in;
- Then, focus on a full exhale, releasing all of the air while your chest and belly contract;
- Inhale again and repeat for 10 cycles of breath

Bhastrika Pranayama - Bellows Breath

- Put your hands in front of your shoulders in a fist like position, fists facing away from you;
- Forcefully (not too hard, just to get a great inhalation) inhale through your nose, expand your belly and chest and shoot your hands straight up over your head;
- Forcefully exhale and bring your fists back down to shoulder height;
- Repeat for 30 breaths, then pause, taking 3 deep, normal breaths;
- Repeat for 3 cycles of 30 breaths

ROUTINES

Set a recurring calendar reminder in your phone and choose how to upgrade your morning and evening routines. Make this the MOST important appointment of the day - because, it is! Do not skip this appointment NO MATTER WHAT. It can be 5 minutes or 45 minutes, but set time aside JUST FOR YOU. When you're at your best, you can be your best in life.

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Morning Routine

- Wake up with about 45 minutes of time for you
- 10 minutes is the absolute minimum
- Begin with a breathing exercise
- Sip down some warm lemon water
- Journal 5-10 things you're grateful for
- Set an intention for the day
- Enjoy a lovely exercise session and/or gratitude walk

Evening Routine

- Set aside 25 minutes before bed - this is time just for you
- Turn off your electronics
- Do your evening care - brush teeth, oil pull, floss
- Stretch (simply move your body in new ways and enjoy)
- Success/gratitude journal

MINDSET FOCUS

Focusing your mind up and focusing your thoughts each morning and evening will shift the way life flows for you. What we think contributes to how we feel and in turn, how we act.

Give yourself the gift of focusing your mind each day (even if it's in the car while you're driving to work or doing errands) and watch the results unfold.

Practice bringing presence to everything you do today.

- Set your mind up every single day to support you
- Make sure you review your WHY and your vision multiple times weekly - preferably daily
- Every time you eat is an opportunity to nourish your body and improve
- Think about what this food does in your body and to your mind
- Separate cravings from emotions

TIPS TO AVOID EATING

- Go to events full
- Bring desserts that are you approved
- Tell people you're giving yourself an incredible healthy makeover
- Drink plenty of water to be sure you're fully hydrated
- Remember: Eating one piece of something does not mean EAT THEM ALL
- Enjoy the dessert recipes in your new *Soul Roots Cookbook* and seek out others that support your goals

