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## Holiday Guide to Creating a Stress Free Holiday

SCHAEFER PROTOCOL WELLNESS SERIES



# Soothing Stress with Presence

01

## Make a list of "must do" tasks, events, and activities

Have you ever asked yourself, "what is it about the holiday season that I truly enjoy?" Maybe you love piling in the car and driving around looking at Christmas Lights. Maybe it's music playing through the house as you decorate as a family. It might be the road trip you take to see friends and family you don't see enough during the year. Write those things down! What are your non negotiables?

Just because you've done it every year, doesn't mean you have to this year. If it causes too much tension and stress, it's not worth it. As your family changes, it's ok to do what works out for your family, even if the other events still happen.

02

## Make a list of "want to do" tasks, events, activities

Ask each person in the family if there were 1-2 events, activities or things they could do this holiday season, what would those be. It shocked me when my son said he loves getting in warm pj's, getting hot chocolate, and driving around looking at Christmas lights. My daughter? She wants to make crafts. These are simple things that mean the world to them, and will be joy filled memories forever.

03

## Drop the guilt.

This is not the time to feel guilty for the choices you make for your family. Do what works best, and let the other things slide.

There is only so much time in the holiday season, to rush everything in will leave you frazzled and feeling guilty over what we choose to do versus what we choose to skip. Do the best with the time you have, and let the rest go with love!

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04

If you want real connection and honest answers, check your heart more than you check your phone.

This one got me square between the eyes this year. The chaos, the stress, the need to find security..I started recognizing my thoughts after reading "Radical Compassion" by Tara Brach, and that book has remained one of my top favorites that I've read this year so far.

That uncertainty and stress you feel may be coming from looking to others for the answers only you have for yourself. Get curious, pay attention to your thoughts, and check in with yourself. You're smarter than you give yourself credit.

05

You're allowed to protect your time and energy.

When I heard the quote, "the people who get mad when you create boundaries were benefitting most by you not having any," I started becoming more conscious of who I gave my energy and time to. Was it trying to convince someone of my point of view? Was I looking to be heard? Each time, I realized I was trying to prove my worth. The reality is, you're worthy of everything you need, just as you are.

06

When all of your free time is spent catching up or getting ahead, that's not free time.

Marie Kondo did it for clothes, I focus here with health. Use your free time to be FREE. What do you like to do with free time? Do you find you have a lot of it? Maybe over this year, you've learned new things you enjoy, but if you haven't, it can be really uncomfortable to be bored in a world that wants us on a timeline and busy at all times.

07

Simplicity doesn't change who you are, it brings you back to who you are.

Underneath all the stress, chaos and busyness of life, we all want to feel safe, loved, and worthy. Simplifying your life helps bring you back to the present, which in all reality, is the only time we do have. This moment is all we are guaranteed. Be here for it.