

HEALTHY HOLIDAY SURVIVAL GUIDE



Simple Strategies to
Stay Balanced,
Energized, and Joyful

Holiday Eating Without Guilt



The Mindset Shift



"Holiday food isn't the enemy; guilt is."

Focus on presence, not perfection.



Smart Swaps & Strategies

- "Plate Method" visual or tip: half veggies, quarter protein, quarter starch.
- "Start with protein" reminder.
- Slow down & savor – one bite at a time.



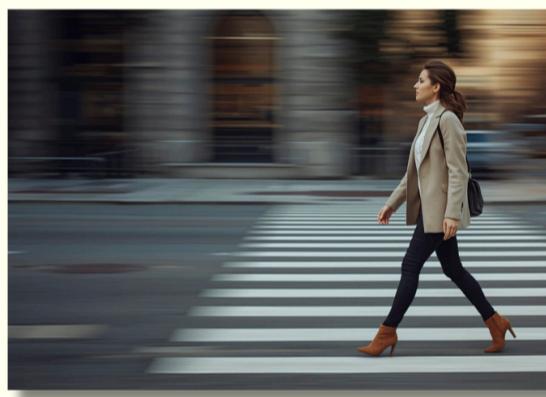
Bonus Tip

"Don't save up all day for one meal; eat balanced meals so you're not starving and overeating."

Staying Active Through Travel and Busyness

Quick wins

- 10-minute walk after meals.
- 3-move hotel room circuit (bodyweight squats, countertop pushups, stretches).
- Use movement as a mood reset, not punishment.



Pro tip



“Keep sneakers and a water bottle in the car; you’re more likely to move when it’s easy.”



Setting Boundaries Around Food & Time

Sample Phrases for awkward food conversations

- “Thanks, it looks amazing — I’m full right now, but I’ll take some for later.”
- “I’m focusing on what feels good in my body today.”



Time Boundaries



- “We’d love to join for an hour, and then we’ll head out for our quiet night in.”
- Encourage energy-checks and using “yes/no” aligned with values.



Holiday Sanity Plan

My Intentions

“How do I want to feel this season?”

My Non-Negotiables

Choose 3 (e.g., sleep, water, daily walk, 10 minutes alone)

My Self-Care Breaks

Pre-write small ideas for when stress spikes (e.g., peppermint tea + deep breaths, go outside for 5 mins, stretch + music)

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