



# CULTIVATING JOY

## *Reducing Holiday Pressure & Managing Expectations*

The holiday season can be both joyful and overwhelming. Balancing social obligations, gift-giving, and family expectations often leads to stress. However, by adopting mindful practices, we can cultivate joy and manage holiday pressures with more ease.

### **Tips for a Joyful and Calm Holiday Season:**

1. **Prioritize Self-Care:** Schedule time for relaxation amidst the holiday rush.
2. **Set Realistic Expectations:** Focus on what truly matters to you without trying to do it all.
3. **Practice Gratitude:** Reflect on the positive moments of the season, no matter how small.
4. **Stay Organized:** Create a plan to avoid last-minute stress and pressure.
5. **Take Time to Recharge:** Make sure to rest between events and gatherings to avoid burnout.



Join our webinar on **December 18th, 2024, from 12:00–12:30 PM EST** to explore strategies for reducing holiday pressure and enjoying the season with more joy and less stress. **[Register here!](#)**

