



How to Get Through the Holidays Without Losing Yourself

Before other people get a say in your mood, claim the first 10 minutes for yourself.

Light stretch. Hot drink. Three deep breaths. A note in your phone:

“What do I actually need today?”

No spiritual pressure. Just a reset button.

stum.ble

TIP 1. Stabilize your mornings

Before other people get a say in your mood, claim the first 10 minutes for yourself.

Light stretch. Hot drink. Three deep breaths. A note in your phone:

“What do I actually need today?”

No spiritual pressure. Just a reset button.

Try: A grounding exercise from The Mindful Self-Compassion Workbook

TIP 2. Don't Let the Season Set Your Pace

Holiday expectations move fast — you don't have to.

Say no. Leave early. Opt out. Show up late. Sit something out entirely.

You're not “falling behind.” You're protecting your bandwidth.

“No is a complete sentence.” — Anne Lamott

TIP 3. Mute the Digital Triggers

You don't need a dissertation to justify muting your ex, their friends, or anyone whose life feels like static right now.

Your attention is prime real estate. Guard it.

Do a 5-minute "social sweep." Mute anyone who makes your chest tighten.

TIP 4. Upgrade Your Traditions, Don't Abandon Them

You don't have to erase memories — just remix them.

New place. New playlist. New people.

Same concept, updated for who you are now.

Book rec:

The Power of Ritual — redefining meaning without the emotional weight.

stum.ble

TIP 5. Prepare Your Social Scripts

People love asking invasive questions at the holidays.
Have lines ready so you don't get cornered:

- "I'm focusing on myself right now."
- "I'm good — shifting priorities a bit."
- "Not talking about that today, but I appreciate you checking in."

Short. Neutral. Done.

TIP 6. Upgrade Your Traditions, Don't Abandon Them

Every event is easier when you know you're not trapped.

Drive yourself. Take a walk mid-dinner. Step outside to breathe. Stay 45 minutes instead of 5 hours.

You're not bailing — you're regulating.

TIP 7. Move Your Body Once a Day

Not for fitness. For chemistry.

Movement clears emotional static faster than thinking ever will.

Try:

- A 10-minute walk
- Yoga With Adriene (free, simple)
- "Five songs, dance like no one's watching" (legit resets your nervous system)

"Mood follows action." — Rich Roll

TIP 8. Don't Forget to Eat Regularly

Undereating feels like control but acts like chaos.

Stabilize blood sugar → stabilize emotions.

Quick grounding meals:

- Soup + toast
- Oatmeal
- Smoothie
- Eggs + greens
- Simple counts. Effort is optional.

stum.ble

TIP 9. Build a Personal “Calm Kit”

Create a list you can grab when your mind starts spinning.

Fill it with:

- One playlist
- One friend you trust
- A podcast episode that chills you out
- A breathing exercise
- A comfort show
- A distraction you enjoy

This is your lifeline when your brain goes offline.

Podcast rec:

On Being — slow, grounding, thoughtful.

TIP 10. Feel What You Feel Without Overanalyzing It

You don't need to decode every emotion.

Name it → let it be → move.

Activity:

90-second rule:

Emotions physically peak for 60–90 seconds.

Set a timer, breathe, don't add a story.

Wave over.

stum.ble

TIP 11. Choose Your People Intentionally

Spend time with the ones who make you feel:

lighter
seen
less tense
more yourself

Not everyone deserves access to your inner world right now.

Book rec:

Set Boundaries, Find Peace — clean, direct, practical boundaries.

TIP 12. Give Future You Something to Look Forward To

Plan something for January — anything — so you have a north star.

Examples:

- A weekend trip
- A pottery class
- A new tattoo
- A playlist project
- A home reset
- A 30-day challenge

Future you deserves a runway.

Quote: When you don't know what to do next, do something small." — Cleo Wade

stumble

You're Not Falling Apart You're Recalibrating.

The holidays can be blurry, loud, nostalgic, uncomfortable, or unexpectedly emotional.

None of that means you're fragile. It means you're human.

You're getting through this season on your terms — with clarity, boundaries, and a sense of self that's rebuilding in real time.

You're not lost. You're just in transition.

And you're doing better than you think.

💜 Stumble: The space between heartbreak and your next chapter.

stum.ble