

Thriving during the Holidays with Grace and Gratitude

The holiday season can be a very stressful time for a lot of people. Rather than dread the upcoming holidays and what they entail, choose to practice self-care and self-love as you thrive during this time with grace and gratitude. The following tips are intended to energetically assist you with having a stress-free holiday season or simply assist with reducing stress.

Tip #1 - Be Here Now

Become aware if you are dwelling in the past or constantly thinking about the future. The now is where we create. Spending time in reflection of past experiences and considering our future is part of our human life experience. We just don't want to miss out on the present moment.

Tip #2 – Just Breathe

Breath is life-force energy. We breathe naturally/autonomously. When we breathe consciously, we have the ability to modify the energy within ourselves, which, in turn, can affect the energy around us. Focus on breathing in peace, love, ease and compassion and then exhale fear, worry and doubt. When you are feeling anxious, overwhelmed, stressed, uncertain or just a bit wonky, remember to just breathe!

Tip #3 – Invest in You

Take time for you and honor your emotions. Choosing to make yourself a priority is essential. Practicing self-love and self-care are extremely important for our physical health and mental/emotional well-being. Intentionally investing time and energy in your well-being will benefit you and those around you.

Tip #4 - Honor your Emotions

In each moment, allow yourself to feel the emotion as it arises. Rather, than setting the feeling aside for later when it's more convenient for you to feel it, begin a practice of honoring the emotion in the moment. Your mind, body and spirit will thank you!

Tip #5 – Don't Take Things Personally

What other people say and do is a reflection or projection of their own personal reality. The same is true for you. Communicate clearly to the best of your ability and don't take things personally.

Tip #6 – Cocoon for Clarity

In essence, cocooning involves pulling your energy in as you become more aware of energy drains, whether it be people, places or things. Gather your energy and intentionally bring it back to you. Tune in and listen to the guidance you are receiving. Cocooning may also involve resting/sleeping and establishing boundaries.

Tip #7 - Strive for Balance

Take time for you as you take time for others. Balance work with play. Balance giving with receiving. There is no need to assign a ratio for the balance. Simply choose to recognize when adjustments may be necessary.

Tip #8 - Release and Receive

Release feeling obligated to reciprocate when someone gives you a gift. Allow yourself the ability to receive without giving. Honor yourself and what you are feeling, but there is no need to hold onto the feel bad or guilt energy. Simply receive and sincerely say, "Thank you!" If you are the giver, release the expectation that a gift will be reciprocated. Be mindful of the intention behind giving.

Tip #9 - Give the Gift of You

If you typically exchange gifts with a friend, family member or co-worker, you may be guided to do something different this year. Many individuals do purchase what they need when they need it, so you may choose to forgo giving a material gift and instead give the gift of you. Plan an excursion or get together and spend time with someone you love. You may also want to volunteer your time or donate to a favorite charity or worthwhile cause. Perhaps, you may bake a special treat or create a handmade gift. These thoughtful gifts and the gift of your presence is immeasurable and greatly appreciated.

Tip #10 – Be Thankful

Gratitude is an expression of thankfulness and an acknowledgement of appreciation. Gratitude assists with the flow of abundance. Acknowledging and expressing gratitude for all you are thankful for radiates this energy out into the universe and returns in more blessings. Being grateful for the blessings within the challenges is essential as well. As often as you can, choose to express your gratitude for that which you are thankful for.

I wish you peace. I wish you love. I wish you joy. I wish you happiness. I hope the upcoming holidays are joyful, relaxing and stress-free for you!

With love and blessings to you,



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