



MERRY
AND
LIGHT

HOLIDAY CHECKLIST



The Merry & Light Holiday Checklist

Staying **Merry & Light** this holiday season will be determined by the **CHOICES** you make. **The more of these 11 items you can check off everyday,** the more likely you are to have a **healthy and happy holiday season** and **enter the New Year with a head start!**

P.S. Be sure to print out the very last page and stick it on your bathroom mirror or fridge as a reminder all season long!

• Get Sleep

- **Why this matters:** When you sleep well, not only do you feel great, but your stress is lower, your productivity is higher, you make better food choices, and you're more likely to move that body.
- **What to do:** Even though it's the holidays, try to stay on as much of a routine as possible — create a bedtime routine (that starts at the same time every night) that includes turning off electronics at least 30 minutes before your head hits the pillow. What's more, in addition to avoiding too much alcohol at night, eat your holiday treats earlier in the day, not at night before bed, as to not disrupt your sleep.



• Move That Body

- **Why this matters:** We tend to sleep better, make better food choices, and carry around a better mood when we exercise. Plus, exercise will help your body digest and metabolize that holiday food much better.
- **What to do:** Grab a friend or two and agree to sign up for a few exercise, yoga, or aqua aerobic classes to keep you accountable. If classes aren't your thing, meet at the gym or for regular walks during the week with your friends or family.

• Get Some Sun

- **Why this matters:** Sun may or may not be a readily available resource for you, but even a little sun on your skin each day can lift your mood, and as you can see so far, the better we feel physically, the better choices we tend to make.
- **What to do:** If possible, seek out some sun each day. If not, step into nature or spend some time looking up at trees, clouds, and the sky. Take in some fresh air and meditate on the abundance that surrounds you.



• Avoid Negative Family Members if Possible

- **Why this matters:** The holidays and family go hand-in-hand. Nothing can kill a good mood quicker than being around a family member who always has a rainy cloud over their head. This goes for friends, co-workers, and neighbors too. Avoid them as much as possible to keep your stress level down.
- **What to do:** While you might not be able to avoid them completely, the best way to protect yourself from their bad mood is do your best to spend minimal time with them. Remind yourself that you must protect your mood so that you can not only make good choices, but enjoy the holidays.

• Don't Get Sucked Into the News

- **Why this matters:** Whether it's TV, social media, or the radio, continually hearing bad news can cause us to feel sad and depressed, which can lead to over-eating, over-drinking, and just a general bad mood.
- **What to do:** Stay informed and up-to-date with what's going on in the world, but don't get sucked in. If you do start feeling down, I wrote an article that might help "What To Do When You're Feeling Blue":
<http://www.transformationwellnessforwomen.com/what-to-do-when-youre-feeling-blue/>



• Get Dressed

- **Why this matters:** When we look frumpy, we feel frumpy. When we feel frumpy, we choose poorly. But when we look good, we feel good, and we make good choices, especially when it comes to food. Also, snug clothes remind us when we're full, which is a lot harder to feel when we're wearing sweatpants.
- **What to do:** You don't have to dress up everyday, but try not to dress down. Again, when you look good, you feel good, and make good choices all around, not just with food, but with who you choose to spend time with.

• Make Some Time For Yourself

- **Why this matters:** The holidays should be more than you giving to others (heck, that's what you do all year round already!). The end of the year should also include giving to yourself — more importantly, a time of quiet introspection. When you receive from yourself, you feel valued, worthy, and loved, which will help you make choices that serve you.
- **What to do:** While it might be hard to "find" the time during the hectic holidays, schedule in some time for yourself to meditate, think, pray, or write in your journal. It doesn't have to be long. Make 10 minutes everyday to look within and "just be".



• Bake Your Own Treats at Home

- **Why this matters:** Store-bought treats are usually packed with artificial colors, flavors, additives, and preservatives. When you make them at home, you know exactly what ingredients are in them and they're usually much healthier.
- **What to do:** Find a few holiday recipes you'd like to make and start baking! In addition to making your house smell GREAT, homemade baked goods make great gifts too. Because a dozen or more cookies at home can be pretty tempting, keep a few for you, but give the rest away or freeze them.

• Be Quick to Forgive Yourself if You Do Overindulge

- **Why this matters:** Sweets, treats, alcohol, and food at every turn will be hard to resist ALL the time. Punishing yourself for mindless snacking, over-eating, or over-drinking doesn't help. Remember, when we feel bad, we tend to choose bad, but when we feel good, we tend to choose good. Forgive yourself and move on – 'tis the season to forgive after all, right?
- **What to do:** Without judgment, consider what led you to overindulge. Bad day at work? Treats a little too close at hand? Especially stressed or tired? Once you make your discovery, consider what you would do differently next time to avoid that situation from happening again.



• Say Yes to Less

- **Why this matters:** The holidays can be overwhelming with so much to do. When we feel anxious, stressed, and in over our head, we tend to eat mindlessly, sleep poorly, and put exercise off because we “just don’t seem to have the time”.
- **What to do:** Remind yourself that this is the time of year to give as well as receive. Give yourself the gift of saying “No” to more things. What can you eliminate or delegate today? Allow someone to gift you some help. Let them to feel the same joy you feel when you help others.

• Slow Down & Savor

- **Why this matters:** When you’re rushing from one place to the next (even in your head!), you tend to make mindless choices. Give yourself the gift of moving at a slower pace, taking deep breaths, and enjoying each and every day. You will probably find that you don’t eat or drink as much too.
- **What to do:** Practice slowing down. Experience being in the moment and completely focused on one thing at a time instead of multi-tasking. Savor every moment, whether it’s each bite of your food, each sip of your drink, or spending time with your family and friends. Think “one thing at a time”, and you’re bound to feel better physically, mentally, and emotionally all season long.



The Merry & Light Holiday Checklist

11 MUST-DO's for a HEALTHY & HAPPY Holiday Season

- ✓ Get Sleep
- ✓ Move That Body
- ✓ Get Some Sun
- ✓ Avoid Negative Family Members if Possible
- ✓ Don't Get Sucked Into the News
- ✓ Get Dressed
- ✓ Make Some Time for Yourself
- ✓ Bake Your Own Treats at Home
- ✓ Be Quick to Forgive Yourself if You Do Overindulge
- ✓ Say Yes to Less
- ✓ Slow Down & Savor



All Rights Reserved 2018 © Kim Acedo | Transformation Wellness for Women

transformationwellnessforwomen.com