Mindfulness Tips during the Holidays

The holiday season can be stressful for many people. There are several activities people try to manage. Here are several mindfulness strategies that can help reduce stress and allow you to experience a calmer holiday season.

*Practice active listening: It can be easy to tune out during all the holiday hustle and bustle. By minimizing distractions, you may be surprised how much more you observe and hear which can be very rewarding.

*Be open to the emotions of others: Consider the feelings of others around you during the holiday season. You can increase your ability to connect y being observant and receptive to them.

*Be open to a range of emotions in yourself: Unfortunately, the holiday season can trigger a mixture of emotions that are not always joyful. Consider allowing yourself space and recognize the feelings you may experience instead of seeking to lose them.

*Let go of old habits or patterns that might be holding you back: There are many traditions and memories that the holidays bring; however, sometimes, old patterns can disseminate negativity. Be mindful of patterns that are bothersome. Allow yourself to be open to new experiences.

*Expand how you communicate care: Many cultures practice gift giving during the holidays; however, there are many additional ways to show you care. Before making a purchase, consider asking yourself what you are trying to communicate through this gift. There may be alternative ways to express your feelings or care like spending quality time or doing something nice for them.

*Let go of judgment both for yourself and for others: Try to avoid conflict with others during the holiday season. This can lead to judgment and self-esteem issues. Take a step back and enjoy the little things.

*Balance the shoulds with awareness of your own needs and practice self-compassion: Although, the holidays can bring many obligations, try to make time for yourself to avoid burnout and bitterness. Engage in fun and relaxing activities.