



Ten for Zen

Surviving the Festive Period with Mindfulness

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Finding Calm Amidst the Festive Chaos with Mindfulness

The holiday season can be a time of joy but also for some, one of stress and pressure. Mindfulness offers simple tools to help you navigate this busy period with greater calm, presence, and joy. Here are some tips to help you survive - and even thrive - during the festive season.

Pause and Breathe

When you feel overwhelmed, take a moment to pause and focus on your breath. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. Repeat this a few times, letting each breath anchor you in the present moment. This simple act can help you reset and approach the situation with a clearer mind.

Be Present with Loved Ones

Holiday gatherings can be busy and chaotic. Instead of worrying about the next task or the perfect response, focus on being fully present. Listen actively, engage sincerely, and savour the moments you have with those around you. Put away your phone, make eye contact, and connect deeply with the people who matter most.

Let Go of Perfection

The pressure to create a 'perfect' holiday can lead to unnecessary stress. Remind yourself that it's okay if everything isn't flawless. Embrace the imperfections and find joy in the messy, real moments. Focus on what truly matters - connection, laughter, and togetherness.



Prioritise Self-Care

It's easy to overcommit during the festive season. Be mindful of your limits and don't be afraid to say no. Schedule time for yourself, whether it's a quiet cup of tea, a short walk, or a few minutes of meditation. Taking care of yourself allows you to show up better for others.

Savour the Simple Moments

Mindfulness invites us to slow down and appreciate the little things. Notice the warm glow of lights, the comforting taste of your favourite holiday treat, or the sound of laughter in the room. By savouring these small moments, you can find joy and gratitude in the midst of the holiday hustle.

Practice Gratitude

Amidst the busyness, take time to reflect on what you're grateful for. It could be the company of loved ones, the warmth of your home, or even a moment of stillness. Gratitude helps shift your focus from what's lacking to what's abundant, bringing more peace and joy into your holiday experience.

By staying present, letting go of stress, and embracing what truly matters, you can transform your festive experience into one of calm, joy, and meaningful connection. Remember, you have the power to navigate the season with grace - one mindful breath at a time.

Wishing you a peaceful and mindful holiday season.



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