

Calm Holidays

Quick Notes

- May not be a good time to lose weight
- Enjoy the holidays as much as you can
- Don't dig yourself a hole
(energetically, weight, emotionally)
- Prepare yourself for New Year
- Make it easy

Common Challenges

- More Obligations
- Financial Stress
- Change In Routines
- More Decisions

Stressful Holiday Feelings

- Stress
- Tension
- Anxiety
- Tired
- Overwhelm

Ideal Holiday Season

- Calm & Relaxed
- Be Grateful
- Feel Content
- Connect and visit family & friends
- End the year on a high note
- Create a foundation for a successful new year

The Calm Holidays Approach

- Create a state of calm
- Program yourself
- Practice

Create A State of Calm

- State = your physiology + your psychology
- Your Physiology= posture, muscle relaxation, breathing
- Relax stomach, chest, shoulders, jaw, eyes, face
- Breathing is main gauge you're tracking
- Your Psychology= thoughts/memories
- Visual, auditory, kinesthetic
- Cycle through them and notice new information

Programming Yourself To Be Calm

- Connect to that “calm you”
- Be aware of how that you thinks, feels, perceives, acts
- Think of some challenging situations in next couple weeks
- Play them in your mind as the calm you
- Pay attention to how easy it is to act that way when you're in the right state
- Imagine the effect on your weight of living that way
- Imagine the effect on your quality of life

The 8 Habits For Extraordinary Health

1. Water
2. Relaxation
3. Breathing
4. Sleep
5. Nourishment
6. Movement
7. Meditation
8. Gratitude

Daily Water Routine

The Master Ritual (covers 4-6 of the habits)