

## **Holiday stress reset Seven day plan**

### **Day 1**

- Set limits for your time and energy
- Write the plans you will keep
- Write the plans you will skip
- Choose one short reply you can use when someone asks for more

Sample reply

I cannot commit to that right now. I need to keep my week light.

### **Day 2**

- Create your money map
- List expected spending
- Set limits for each category
- Adjust the total until it fits your real budget

### **Money Map Table**

CATEGORY	PLANNED COST	FINAL COST
GIFTS		
FOOD		
TRAVEL		
EVENTS		
<b>TOTAL</b>		

### **Day 3**

- Add one calm habit for the week
- Keep it under five minutes
- Repeat it at the same time each day

Ideas

- Slow breathing
- Short walk
- Quiet sitting
- Light stretching

### **Day 4**

- Pick your sleep time
- Pick your wake time
- Use the same times every day this week

### **Day 5**

- Prepare for social pressure

- Write two short replies you can use anytime
- Decide which events you will skip

### **Day 6**

- Choose one small area
- Remove visible clutter
- Keep the space simple

### **Day 7**

- Review your week
- Keep the habits that helped
- Remove what added stress

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