

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		
TOTAL		

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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