

Holiday Wellbeing Reset

The holidays invite joy and connection, but they also bring packed schedules and emotional strain. It is common to lose sight of our own wellbeing this time of year. By noticing early signs of burnout and pausing for gratitude and self-care, families can stay centered and connected. This activity helps you create a meaningful moment of reflection together.

GRATITUDE CIRCLE

Invite each person to share one thing they are grateful for this year, something that helped them grow, feel supported or experience joy. Consider these questions:

- “What helped you feel supported this year?”
- “What moment made you feel proud?”
- “Who made your life brighter?”

Practicing gratitude strengthens emotional regulation and family connection. These are powerful buffers against stress and burnout.

SPOT & SOFTEN BURNOUT

Burnout affects people of every age, even children. Invite your family or group to talk about early signs they notice in themselves. Common signs:

- Irritability or emotional exhaustion
- Difficulty concentrating
- Loss of joy in usual activities

Then ask: “What helps you reset when you notice these signs?”

Families who talk openly about burnout are better equipped to respond to stress early and with compassion.

SELF-CARE CHECK-IN

Invite each person to reflect on what helps them recharge. Consider these questions:

- “What restores your energy when you are overwhelmed?”
- “What small habit do you want to carry into the holiday season?”
- “What is something you would like support with?”

Naming what replenishes us builds healthy, sustainable habits that protect against burnout before it begins.

FAMILY RESET

Choose a shared reset strategy to ease stress today and carry into the season. Examples:

- Micro-breaks: Take a 5 to 10 minute quiet pause after gatherings or errands
- Redistribute the load: Share holiday responsibilities so no one is overwhelmed
- 1-minute breath reset: Inhale for 4 seconds, Hold for 2, Exhale for 6, Repeat 3 times

Small shared practices create emotional safety, reduce stress and build habits that prevent burnout before it takes hold.

Wishing you a healthy, restorative, gratitude-filled holiday season.