



**FULL POWER**  
— W O M E N —

## ***Holiday Survival Guide: Time for a Self-Love Bootcamp.***

### **Daily Mantras/Self-Affirmations**

Say these phrases multiple times a day, especially when stressed or feeling guilty about something not being done.

**“I Count, I Matter, I deserve to enjoy my holidays!”**

**“I can only do what I can do and what I am doing is Good Enough.”**

### **Three Deep Breaths**

Deep breathing is the quickest way to calm and soothe yourself. Breathe in through your nose and out through your mouth as if blowing out of a straw.

### **Daily Practice:**

This exercise can be used daily to cultivate feelings of compassion and loving kindness for yourself. It can also be used in times of stress or self-judgment. Try it for a few minutes in the morning and again in the evening, even in bed. Find a quiet place to sit. Close your eyes, take a few deep breaths to center yourself, place your hands over your heart and repeat these phrases until you feel calm. (3-4X)

#### **Loving Kindness Practice**

***May I feel safe***

***May I feel peaceful***

***May I be kind to myself***

***May I accept myself as I am (or my life as it is)***

### **Remember to be mindfully Present in your activities and conversations**

Mindfulness is a new skill of being totally present in the moment, whether washing dishes or folding laundry, vs. lost in thought. Or being totally present and attentive in a conversation. The more you practice mindfulness, the more happy, grateful, calm and resilient you will be.

**Let yourself be playful and do what you enjoy (and don't do what you dread).  
*Look and think and act through the lens of a child.***