🌿 Surviving the Season

A gentle guide for when it all feels like too much

By Tracey Race | Registered Nurse & Mental Health Coach

You're allowed to find this hard.

The holiday season is sold to us as the most wonderful time of the year. But for a lot of people, maybe you? it can feel like the most overwhelming time of the year.

More commitments. More expectations. More food, more drink, more spending than feels comfortable. More family. More noise.

And underneath it all, a quiet voice asking: why can't I just enjoy this?

You're not broken. You're human. And you're not alone. 💛

This little guide isn't about doing Christmas perfectly. It's about getting through it, and maybe even finding some moments of genuine ease along the way.

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The 3 Biggest Pressure Points

and a gentle reframe for each

1. Food & Eating Pressure

What it sounds like: “I’ve completely lost control.” “I’ll start again in January.” “I’ve ruined it.”

The reframe: One meal, even one whole week of eating differently than usual does not undo your health.

Your body is remarkably wise. It knows how to recalibrate. The shame spiral does more damage than the extra serving ever could.

One thing to try: Before you eat, pause for just 10 seconds. Take a breath. Ask: “Am I hungry, or am I managing a feeling?”
You don’t have to act on the answer, just notice it.

2. Alcohol & Social Pressure

What it sounds like: “Everyone else is drinking.” “It’s just Christmas.” “I’ll feel awkward if I don’t.”

The reframe: You are allowed to drink. You are also allowed not to. Neither choice requires an explanation or an apology.

One thing to try: Decide before you arrive how you want to feel when you leave. Not what you’ll drink, how you want to feel.

3. Money & Gift Pressure

What it sounds like: “I can’t afford what everyone else is spending.” “I don’t want to seem cheap.” “I should do more.”

The reframe: The most meaningful gifts are rarely the most expensive ones. Time, presence, a handwritten note, these land differently than something bought in a panic. Spending beyond your means doesn’t create connection.
It creates stress that outlasts the season.

One thing to try: Set a number you feel genuinely comfortable with, not aspirationally comfortable, actually comfortable. Write it down. Let that be your guide, not the catalogue.

“Small practices repeated over time create real change.”

More gentle support

Your 2-Minute Daily Check-In 🌿

When things start to feel like too much, pause and ask yourself:

1. What is my body telling me right now? (Tight chest? Shallow breathing? Clenched jaw? Just notice.)

2. What do I actually need in this moment? (Rest? Water? Quiet? A walk? Connection? Alone time?)

3. What is one small thing I can do in the next 10 minutes to meet that need?

That's it. Simple, not easy — but always available to you.

You can also use my free Self Check-In Guide any time you need a more structured version of this click this link for your check in and guide.

The Permission Slip 💛

You have permission to:

🌿 Leave early
🌿 Say no to things that deplete you
🌿 Eat the food and not feel guilty about it
🌿 Not drink if you don't want to
🌿 Spend what you can afford
🌿 Rest without earning it first
🌿 Ask for help
🌿 Feel however you feel

You don't have to perform joy. You just have to get through, and getting through is enough.

Two tools to carry you into the new year 🌿

Free Weekly Wellbeing Planner a simple, gentle tool to help you check in with yourself, set a weekly intention, and make space for what matters.

Free Habit Change Guide because sustainable change isn't about willpower; it's about understanding how habits actually work.

Want some one-to-one support? 💛

Sometimes the most powerful thing you can do is talk to someone who genuinely gets it.

I offer free 30-minute discovery calls no pressure, no pitch. Just a real conversation about where you are and what might help.

Book your FREE 30 min discovery call link here

You're not broken. You're human. And you're not alone.

Warmly, Tracey 💛x