

**7 TIPS TO  
STRESS LESS  
THIS  
HOLIDAY  
SEASON**



**ALLISON GRAHAM**

With COVID the hectic  
party-season is gone.  
That doesn't mean stress is  
gone, too.

Deleting the  
destructive stress -  
that's up to you.

**Here are 7 tips  
to do just that.**

# 1

**Add a task = delete a task.**

Before the holidays  
your plate was full. Adding more to  
an already overflowing plate is the  
fastest path to burnout.

2

# **Stop expecting others to change.**

If that antagonistic uncle was an ass in August, he will still be one in December. Don't engage.

3

# Evaluate your expectations.

If you love it, do it.  
If you don't love it, don't do it.  
Now's your chance.  
Change your rules.

4

## **It's different; embrace it.**

Pre-COVID Christmas and  
COVID-Christmas and Holidays  
are not the same.

**Don't waste the whole season  
wishing for what was and  
complaining about the obvious and  
uncontrollable.**

5

## **Create new traditions.**

What new opportunities are possible for this season **compared to last?**



6

# Get creative with connection.

There's no replacement for hugs and togetherness over the holidays. What could you do to feel a little more connected?

HINT: I'm baking my late Grandma's cookies and sending them as a surprise to my extended family. Shhh, don't tell them!

# 7

## **Start each morning right.**

The perfect morning sets the tone for the day, so that you can delete destructive stress.

Want to know how? Check out my new online program at [AllisonGraham.co/](http://AllisonGraham.co/).

# Create Your Ultimate, Stress-Free Morning Routine!



[AllisonGraham.co/morning](https://AllisonGraham.co/morning)

@AllisonDGraham  
AllisonGraham.co

*Allison*  
GRAHAM