

# MANAGING HOLIDAY OVERWHELM

*Too Many Ghosts in the Kitchen.*

## REMEMBER:

*When everything feels like too much, take one small pause. Comfort often comes in quiet, simple acts of kindness toward yourself.*

## 5-MINUTE GROUNDING

1. Name 5 things you see.
2. 4 things you can touch.
3. 3 things you hear.
4. 2 things you can smell.
5. 1 thing you're grateful for

## COMFORT CHECKLIST

*Take a warm drink break  
Step outside for one deep breath  
Listen to a favorite song  
Text someone kind words  
Light a candle and be still for one minute*

## REFLECTION:

*"I can move slowly. I can choose peace. Discomfort is not an evil."*

HOPE GROWS THERAPY & CONSULTATION

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