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FOUNDATION

PRESENTS

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# Finding Happiness *in the holiday hustle*

*in collaboration with*

DESIREÉ MARION, LMFT





## *dearest mama,*

This season often comes wrapped in the shiny notion of 'more.' More gifts. More food. More events. **But in your heart, you know that kind of 'more' doesn't equate to more happiness.**

True happiness doesn't need to be chased; it's already there, in your breath, in your being, in the small, quiet moments amidst the chaos.

**Who's setting your holiday pace? The beautiful thing is that person is you.** What if you decided right here, right now to give yourself the gift of defining what this season means on your own terms?

**This is a gentle invitation to unhook from the holiday hustle that leaves you frazzled and disconnected.**

It's our privilege to support you in peeling back the layers of expectation and obligation. Through the reflections and practices in this workbook, our intention is to guide you back to yourself.

May you find pockets of peace amidst the tinsel and wrapping paper, and **may your holiday be a reflection of what's truly sacred to you.**

Wishing you love, light, and a holiday season that honors all that you are,

*the SeekHer team*

# hi there, i'm Desireé




Desireé Marion is a Licensed Marriage and Family Therapist, who specializes in anxiety, depression, racial identity stressors, complex trauma, and life cycle changes with couples and individuals. Desiree's work is informed by an intergenerational lens. This lens honors the stories of survival held within a family system, while nurturing more empowering narratives to flourish.

She is passionate about de-mystifying and dismantling previously held ideas about self-care. Together with her clients, she co-creates new definitions of self-care that embody accessibility. In the future, Desiree aspires to learn and integrate more holistic healing services as a part of her offerings at her practice Full Circle Wellness & Counseling PLLC.

*For North Carolina folks ready to cultivate a new narrative while navigating this journey of boundaries, you can visit my website at [www.fcwcounseling.com](http://www.fcwcounseling.com) and book a free 15-minute consultation with me. For more content on empowering reminders to pour into your cup, you can follow me on social media [@fullcircle\\_wc](https://www.instagram.com/fullcircle_wc) on IG.*

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**DESIRÉE MARION, LMFT**

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# THE JOURNEY BACK TO ourselves

*Let's reexamine where these holiday ideals come from so we can stay connected to what matters most.*

Twas' the night before... you know this one right? **And all through the house, not a creature was stirring, except one sleep-deprived mama with an endless checklist of all the things needing to be done before...sound familiar?** Whether it's travel plans, housing loved ones, or hosting gatherings, preparing for the holiday hustle often comes with the enormous pressure of making sure everyone else is taken care of. Unfortunately, tending to everyone else leaves room for forgetting to place ourselves at the top of that same checklist.



**Society tells us that this is supposed to be the "Happiest Time of the Year"; an opportunity to give, but for many it's one of the most stressful times of the year.** With the often overwhelming expectations of family, people-pleasing patterns are unearthed. What we tend to do is start taking from what is in our cup to pour into everyone else's. Overextending. Saying "yes" when we really mean "no".

**What if we radically changed this messaging of giving to include giving within our capacity, giving within the confines of our boundaries, or even giving back to ourselves?**





## HOW TO USE THIS WORKBOOK

Below is a **3-step process** that was created to help guide you back to yourself, allowing you to reexamine where holiday ideals come from so you can stay connected to what matters most this season.

On the pages that follow, you'll find affirmations, journaling prompts, and guided practices to support you in your journey.

1

*Know Your  
Capacity*

2

*Identify Your  
Boundaries*

3

*Give Back to  
Yourself*



## STEP ONE

# know your capacity

During this holiday season, **moms may find themselves bombarded with endless messages** of beating the holiday hustle and bustle as well as anticipating or even accommodating to the needs and wants of everyone. This can become what feels like an impossible task, where we begin to burn the candle at both ends all the while trying to stay afloat.

**When we know our capacity for giving to others we can then focus on redirecting our energy towards what matters most.** What would this holiday season look like if we gave ourselves permission to not do it all? Instead of creating a never ending checklist of tasks and mental notes, let's start **deprioritizing what requires overextending and delegating what we can.**

Let's explore changing the narrative around giving this year - which definition will you choose today?

- ☐ I will give to others within my capacity.
- ☐ I am going to give of my time, talent, and resources, but within the boundaries I have set.
- ☐ Something else? Please share with us!

SHARE WITH US



# deprioritize & delegate

## A PRACTICE FOR CREATING SPACE FOR YOURSELF

Motivational speaker, Mel Robbins, recently interviewed, KC Davis, who is passionate about **removing shame from the "To-Do List"**. She states "...you are not morally obligated to line up every care cycle in your home at the 'done' state at the same time. The key is, how do I turn all of these cycles at a pace where it is functional." **Let's apply this to the upcoming holiday pressures as well.**

1

I invite you to take a deep breath, grab a piece of paper and something to write with or use the notes section in your phone if you'd prefer. Create a list that you can visually see of all the tasks/mental notes you've made. Reorganize these into a list starting with what feels like the top most priority.

2

Now, it's time to delegate. Circle the top 3-5 tasks and identify who can support you (e.g. spouse/partner, children, family/friends, community resources, etc.) in taking a task off of your hands. This could look like homecare, collaborating with friends and family to prepare for gatherings, or even gift wrapping as a team.

3

Now that you have narrowed down what is absolutely necessary and within your capacity, focus on this new condensed list so that you can allow yourself freedom from shame and permission to not complete what is outside of your capacity to extend.



## STEP TWO

# identify your boundaries

Boundaries can be your best friend when helping to manage overwhelm, burnout, and internalized resentment from unmet needs during this season. **Boundaries are simply your expression of what you will or will not do as well as what you will or will not accept.** Some of us may not have been taught boundaries, so taking the time to become familiar with identifying them will be important.

**There are many types of boundaries: Physical, Emotional, Verbal, Time, Work, Spiritual, Financial, etc.**

For example, common requests of our children such as, "Not right now", "It's time for bed", or even singing the Clean Up Song will teach them how to respect the boundaries of time.

We can also communicate our boundaries in our relationships with family and friends. **These may be more challenging to communicate if we do not have a clear understanding of what our boundaries actually are.** Oftentimes we don't recognize we have a particular boundary until it is crossed. Some common emotions that we may feel when boundaries are not respected are sadness, disappointment, frustration, anger, and at times resentment.

**Take a moment to practice boundary setting with us. Which phrase might you use in the coming days to confidently voice your 'no'?**

- ☐ 'I am not comfortable with that.'
- ☐ 'Thank you for thinking of me, but I'm not available.'
- ☐ 'Unfortunately, I can't do that for you, but I can find someone who can.'
- ☐ 'Let me check my calendar and get back to you.'
- ☐ 'No.' (It's also a complete sentence!)

**SHARE WITH US**

# boundaries blueprint

## A PRACTICE FOR CREATING SPACE

The first step to learning your boundaries is knowing your values or what is most significant to you.

**Rank your top ten values from most important to least important.**

A large white rectangular box intended for the user to rank their top ten values from most important to least important.

**From here, identify what are examples of demonstrating each value.**

For instance if respect is a value, this can look like someone using manners or if a value is family, this can look like intentionally creating time to spend with loved ones.

A large white rectangular box intended for the user to identify examples of demonstrating each value.

# boundaries blueprint

**Boundaries can be firm as well as flexible; the nature of appropriately setting a boundary is based on what you need.**

Maybe having people call you before they come over is a firm boundary that you need to manage your time and energy. Having flexibility with boundaries requires honoring your needs, while also being open to considering the needs of someone else. **As a friendly reminder: Just because you can does not mean that you need to.**



Part of learning how to communicate boundaries is also learning how to become comfortable with the discomfort in saying “no”. Take a moment to practice.

**Complete each sentence with a boundary:**

*I am not comfortable with...*  
*Thank you for thinking of me, but...*  
*Unfortunately, I can't do that for you, but I can...*  
*Let me check my calendar and...*

A large, empty white rectangular box intended for writing practice.

**Although we can come up with many ways to say it, “no” is still a complete sentence.**



## STEP THREE

# give back to yourself

A common experience moms have during the holidays is burnout from trying to meet the needs of everyone at the detriment of their own. This pressure to overextend comes from societal messages that moms must consistently sacrifice and put themselves last because “that’s just what good mother’s do.” **Part of giving back to yourself this holiday season is working toward dismantling the stigma of moms not overextending by honoring their capacity and implementing (and maintaining) boundaries.**



Check in with us today, friends.  
How are you feeling, and how  
might you take care of  
**YOU** today?

- ☐ Hungry - I'm going to fuel my body with food and water.
- ☐ Angry - I'm going to journal, go for a walk, or listen to music.
- ☐ Lonely - I'm going to call a friend or spend time with loved ones.
- ☐ Tired - I'm going to rest, take a nap, or go to bed earlier tonight.
- ☐ Something else? Feel free to share with us below.

SHARE WITH US

# give back to yourself

Sometimes it can be challenging to communicate boundaries because of the fear of how others may respond. In an interview with Oprah and Brene' Brown, Oprah stated, **"You cannot live a brave life without disappointing some people."** Part of brave living is taking up space in our lives and practicing the **art of extending without overextending.**

## Not overextending may sound like:

*"Please don't make comments about my appearance, it makes me feel uncomfortable."*

*"I understand everyone is contributing \$\_\_ towards a gift, however this is what is financially feasible for me at this time."*

*"This year we will be staying home for the holidays but we are planning a trip to visit in the New Year."*

What's the best approach for dealing with those who consistently overstep your boundaries?

You may encounter persistent-boundary-pushers. This can come in the form of family and friends, career, or even yourself.

Once you have communicated your boundary, you may notice yourself feeling guilty for vocalizing your needs. **It is okay to feel guilty and still say no.** If your boundaries continue to be challenged, create an exit strategy as back up. This can look like excusing yourself to use the restroom, to get off the phone, or to outright state you are needing to take a moment for yourself; whichever you choose as your out, **I invite you to practice self-soothing.**



# honoring your needs

## A PRACTICE FOR PROTECTING YOUR PEACE

A simple technique for a quick check-in when  
your boundaries have been tested:

1

WHAT HAPPENED? WHAT TRIGGERED THE THOUGHT/FEELING?



2

WHAT SPECIFIC EMOTIONS DO YOU FEEL?



3

WHAT DO YOU NEED IN THIS MOMENT TO FEEL MORE GROUNDED?  
WHAT COPING SKILLS CAN HELP YOU?



LATER...

4

IS THERE ANOTHER WAY YOU CAN LOOK AT THIS SITUATION?  
WHAT IS IN YOUR POWER TO CONTROL RIGHT NOW?

Use H.A.L.T as a check-in if needed:

**Hungry:** FUEL YOUR BODY WITH FOOD AND WATER

**Angry:** JOURNAL, GO FOR A WALK, LISTEN TO MUSIC

**Lonely:** CALL A FRIEND, SPEND TIME WITH A LOVED ONE

**Tired:** TAKE A BREAK, TAKE A NAP, GO TO BED EARLIER

*These questions may feel like a lot to consider in the moment, so focus on 1-3 if you can and then circle back to reflecting on 4 once you are feeling more grounded again.*





HELLO, FRIEND.

# LET'S STAY IN TOUCH

We want to express our heartfelt gratitude for joining us on this path of self-discovery. The journey to living an aligned life isn't always easy, but know that together we have the strength and resilience to navigate through the challenges.

Remember, you're not alone. We're here to serve as a guiding light, a source of empowerment, and a reminder that you have the power to create a life that you love.

Join us in the **SeekHer Circle** to become part of a community that is committed to empowering women for good. Our shared stories and collective wisdom hold the power to move mountains.

**Until next time.**

JOIN THE CIRCLE

