



Manage Holiday Mania

A HOLIDAY SURVIVAL GUIDE

Prepared by: Jennifer Stark, Your Life, Love & Wellness coach
www.starkwellness.com

INTRODUCTION

It's the most wonderful time of the year.

Or is it?

Thanksgiving just passed, and perhaps you found it easy to move through the start of the holiday season. You were full of gratitude and joyfully expressed your love for others, and now you're either:

A. bubbling with more joy, excitement and Christmas spirit and ready to expand yourself into a new year....

or....

B. sunk with feelings of sadness, overwhelm, stress, anxiety or dread and just wish you could hibernate through it all.

Which resonates more with you?

Maybe you're somewhere in the middle—not quite depressed or anxious or dreadful, but not super excited either.

Whichever selection you made, I've got you covered!

I created this guide to help you stretch through the holidays.

Whether you want to maintain your momentum, stay positive, and skate through the busy season, or you want to pick yourself up and feel able to deal with the stress you see before you....

—this guide is for you. I hope you enjoy and find it helpful.

Live, love and be well.

Jen

DISCLAIMER

The information provided in this guide is for educational and informational purposes only, and is made available to you as self-help tools for your own use. The information contained in this guide has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure, or prevent any disease, or to be considered medical or psychological advice. You should always seek the advice of your own doctor/physician, nurse practitioner, physician's assistant, mental health provider, or other health care professional regarding any questions or concerns about your specific health situation. To read my full disclaimer, click the following URL or copy it in your browser: <https://www.starkwellness.com/stark-wellness-full-disclaimer/>.



PART 1 : GETTING MENTALLY PREPARED

The first step is to believe that it *is possible* for the holidays to be different this year. Believe that you can go into this season strong and grounded.

You CAN feel good about yourself and the time you will spend enjoying festivities and being with loved ones.

Decide that this is how it's going to be this year. Don't let yourself resolve to thinking things just have to be the same and you just have to deal with it.

You CAN set yourself up to be present with positive energy.

You CAN develop a positive holiday mindset AND keep it strong throughout the season!

Here's how:

Start thinking about what gets you stressed. What brings on overwhelm for you? What specific situations are you dreading? What are some of your typical struggles this time of year?

Is it the crowded stores and streets? Are there too many gift exchanges? Does Aunt Azalea always make you cringe with her embarrassing questions during Christmas dinner? And maybe Christmas dinner—and all the before and after holiday dinners, treats and parties—is already a major struggle.

Take some time to reflect on the things that usually make this a difficult season for you.

Next think about what you WANT to feel like. What do you WANT to do this month? What do you WANT to experience?

What can you control? What can you not?

These questions will help you identify what needs to be put into place to get what you want, to feel the way you want to feel.

Maybe you can't make Aunt Azalea stop the nagging questions, but perhaps you could choose another seat or table; or you could come up with a great one-liner response like: "I'm really happy with how my life is going right now. Thank you very much."

The stores and streets are going to be crowded, but maybe you could shop at more opportune times, shop online, or team up for gift-giving and split the shopping duties.



Can you start baking or prepping meals now? I mean, after you finish reading this...

As for all the meals, treats and parties—you'll find great tips for managing holiday eating in Part 4.

Right now start thinking of strategies to help you feel better about what's to come.

What do you need to feel rooted in your life?

How could things be different? What different angles or ideas exist?

What could you feel good about instead of deprived and controlled?

For me, I want to feel connected with my family. I want to create memories and have experiences that make us laugh together, relax together, or stare in awe together. I want to be fully present with my husband and son and not let little things bother me. I want to be open to opportunities that come up as well as challenges without stressing or worrying.

One year my little family decided to spend Christmas together, just the three of us, something we had never done. We've always lived in the same state as our families all spread out across Texas, and we've always made rounds traveling from house to house to house through the holidays.

We loved seeing all of our families, but we spent a lot of time driving to get places for short visits and quick good-byes. It was always a whirlwind of an adventure. Our emotions went up and down as we went from joyful visits to drudging drives over and over again.

So, that year shortly before Christmas we packed up our sailboat instead of our car, and we sailed straight across the Gulf of Mexico from South Padre Island, Texas, to Key West, Florida. We celebrated Christmas exactly how we wanted.



And now we've decided to make that our Christmas tradition: just the three of us on our little sailboat, S/V First Light....for now. (And surfing if the waves are good.)

Speaking of traditions? Are there traditions that you wish you could stray away from?

Finding balance with traditions can help reduce stress and anxiety.

Consider which traditions from the past have really lit people up and which ones produced stress or overwhelm. Which ones have impacted your family in the most positive ways? Which ones only exhausted you?

Be the advocate for the exciting, spirit-lifting traditions, and let others know how you feel about the draining traditions.

Perhaps there is something new you could suggest.

Even changing the timing could help. Don't want to drop one single tradition, but still worried about overwhelm? Maybe a party or two could be moved to an earlier or later date. Maybe your church offers multiple Christmas programs, and you could choose a different time to attend this year. Maybe the kids would be agreeable to having a New Years cookie baking day this year instead of Christmas baking. Won't there be enough desserts, treats and snacks all month?

Know that you have free will to alter the course. You CAN change plans.

Our families have accepted our decision about how we intend to spend Christmas, though I know they weren't happy at first. Still, they welcome us with open arms and love when we visit other times of the year.

We may be back in Texas for Christmas some year in the future, but that's the beauty of year-after-year.... It doesn't have to be the same.

What are you going to choose this year? What do you get to do?

PART 1 : REFLECTIONS

Write or think about your answers to these questions:

1. What are some things that usually make this a difficult time of year for you? What stressors or struggles do you typically face? Or what is different this year that is bringing on new anxiety?

2. What do you want to feel like this month?

3. What do you want to do or experience this month?

4. What do you HAVE to do during the holidays....I mean really have to do? And who says?

5. What do you want to let go of this year? What activities or “traditions” do you believe cause more stress than connection, loving togetherness, and cheer?

6. What can you do to ensure you will feel the way you want to feel and do or experience what you want—even if you do have some things you HAVE to do. How can you feel better about what is ahead?

7. How could you creatively tackle some of those difficulties, stressors or struggles you listed in question 1?

8. What balanced traditions will you continue or suggest trying this year?

PART 2 : KEEPING YOUR PHYSICAL HEALTH IN CHECK

The festivities have begun, haven't they? There's so much to cram into the month of December that it seems things start earlier and earlier every year.

—And I'm not even going to comment on the store displays....that were already shining silver, green and red....in October....geez!

But, I will applaud their efforts to help people plan and get ahead in their holiday shopping and endeavors. I just love Thanksgiving and fall colors so much more!

In Part 1, I mentioned that to relieve some holiday stress it might be helpful to plan some of your visits and gatherings earlier in the month. If you have work parties to attend, or cookie exchanges, kids' class parties, church celebrations, and/or split families or lots of friends wanting to get together, then you have a lot of massive meals, decadent desserts, and luscious eggnog drinks ahead of you, don't you?

This is no time to start a calorie restricting diet, or ANY depriving regimen. This is no time to force yourself to hit the gym for an hour 5 days a week.

And, by the way....

—you don't need to do either of those things EVER.



So, what do you do? How can you keep your physical health in check during this food crazed season? How can you maintain the physique you work so hard for all year when bustling around town, your house, and parties has you wanting only to hit the bath and bed at the end of the day and hit snooze over and over in the morning?

It's so tempting to say, "Eh, I'll just forget about working out for a while. There's no time. And the food and goodies are always so good, I'm not going to deprive myself. I'll get back into a routine after the new year starts."

But, will you?

I used to feel that way. I used to simply allow myself to indulge through the whole month of December, from party to party, to get-together after get-together. I would tell

myself that if I could fit in one long run during the week, that would suffice to keep me in shape, and I could eat whatever I want. After New Year's Day I would make a resolution to get back in shape.

But what really happened for many years was that I went from festivity to festivity feeling anxious about food. I stared at table after table torn, longing to gobble it all down and at the same time longing to RUN away.

I wished people wouldn't cook so much yummy food. I wished I had more willpower. I wished I had food allergies to make me resist all the temptations. I wished I had run every morning instead of sleeping in.

When the new year passed I always found it really hard to get back into working out and eating right. I felt bloated, frumpy, lazy and unmotivated. Then I would beat myself up for letting go.

What I discovered was that unleashing myself was NOT the answer. It made me miserable. It didn't help me enjoy the holidays or festivities any more. My thoughts about it were all wrong.

BUT, I've figured out how to BALANCE and MODERATE INDULGENCE. That's the key!

AND YOU CAN, TOO! That's what this part is all about.



Let's start with eating.

First, you've got to remind yourself that you are not a bear going into hibernation or a caveman looking to self-insulate. You may be indoors more through the winter, but you certainly don't need to eat all you can at every opportunity.

Nor are you in a rat race in need of constant nibbles. Perhaps you'll be extra busy, but you won't be so much more active that you should snack all day long to keep going.

You ARE an active human in need of good nutrition and lasting energy all year long and especially during hectic holidays.

And you need a game plan! Here is some help with that.

Tips for parties, gatherings and meals:

- **Eat a little something that's healthy before you go so you won't just eat the first things you see.**

You'll feel content to scan the choices for special picks. I always make sure my son and I both munch on a carrot or an apple on our way to any gatherings. I feel better knowing we aren't walking in starving, and he gets more free reign since he had something healthy first.

- **Keep your home stocked with lots of fresh fruits, veggies and other healthy ingredients for meals and alternatives to avoid mindless snacking.** You have the most control here.

- **Don't feel obligated to eat or try everything. You can be choosy!** Let a host know how warm, inviting and beautifully decorated her home is. She'll know you enjoyed yourself. You don't have to pat a bloated belly to show your satisfaction as you leave and hug good-bye.

- **Remember and focus on how you want to feel during this season.** Spend time connecting with others, ask lots of questions, look for special decorations around the room, volunteer to read a Christmas story to all the kids, see if anyone wants to go for a walk outside, get some dancing started or a Christmas song sing-along. Think outside the “food” box for some creative entertainment.
- **If you have multiple parties in one day, choose one indulgent meal and stick with lots of fruits and vegetables at the other.** This is a good idea for vacationing, too.
- **Bring your own healthy dish or two.** Make and take a beautiful, colorful salad with fresh greens, cranberries, chopped almonds, carrots, green onions and celery. Swap the greens for red or green cabbage or broccoli (or all three) that you’ve slightly steamed and cooled. Or what about a fresh berry salad topped with whipped coconut cream? Experiment with healthier versions of some holiday favorites, and when you find a winner make multiples to take to various parties.
- **Purchase food rather than cook or bake if you are a constant nibbler in the kitchen.** Then you can really enjoy the final product without feeling like you overindulged.

- **Pass on treats that you have all the time.** Choose special treats that you look forward to this time of year, or decide to try something new.
- **Watch out for punches, eggnogs and mixed drinks that might be filled with sugar and artificial ingredients.** Drink a large glass of water before you go, and then stick with sparkling water with berries or a splash of real fruit juice, unsweetened tea, one cup of cider, or even one cup of hot cocoa made with real cocoa powder and honey instead of sugar. Take along your favorite essential oils to add to plain water, like lemon, orange or grapefruit.
- **If you want a more spirited drink, opt for a cranberry martini, vodka soda, or gin and tonic.** My husband's step-father makes a wonderful, simple Salty Dog with fresh-squeezed Ruby Red grapefruit and vodka. I love to make mojitos with fresh limes, mint leaves, sparkling water and a splash of juice and nix the simple syrup and mojito mix. I also make healthier homemade eggnog. You can find healthier recipes for drinks just as easily as for meals.
- **Say no thank you to offers for left-overs, unless it's a super-healthy dish.**

- If you are hosting, keep the food in the kitchen, and keep the table inviting with bountiful beauty and invigorating conversation to help everyone stay focused on the spirit of your gathering.

- Give yourself grace when you do overindulge. Don't beat yourself up. Think of how you can balance your overindulgence with a lighter next meal, a good long walk, and a plan for better moderation the next day.



Now for exercise...

Let go of perfection and rigidity. This is good practice year-round in every area of life, but especially when facing a stressful season.

Instead embrace maintenance and flexibility.

Keep your goal to maintain your body and health with focuses on enjoying the holidays and life and feeling good about yourself. Let go of the goal to make it to daily spin

classes plus 30 minute weight lifting sessions at the gym every week to shed 20 pounds by Christmas.

This is a season of unknowns and opportunities.

What if you have a goal to hit the gym hard five days a week? Circumstances may present themselves, such as invitations to parties, unexpected visitors, kids with colds, you with a cold. How will you keep up with daily gym sessions?

Will you beat yourself up if you don't make it? And you probably won't if opportunities arise.

Can you be satisfied with a daily brisk walk or basic body weight workout in your bedroom?

These activities are easier to commit to and will keep you in shape and feeling good about yourself.

More tips for maintaining your fitness:

- **Daily brisk walks and/or simple body weight workouts can be highly effective!**
- **Meet up with a friend for the walks if you need the social part or accountability, or chat on the phone with that long-distance relative who won't make it to the family Christmas party.**

- **Seek out physical activities that energize you and don't deplete you.** Your energy levels may wax and wane this time of year. Engage in activities that help you feel stronger and more confident and don't wear you out or break your body down.
- **Certainly plan to exercise and try to maintain your usual routine.** BUT allow yourself to be flexible and open to opportunities the season may offer.
- **Switch evening workouts to mornings, or vice-versa, if it makes more sense for a while.** If you usually have off days—say you work out M-W-F—plan a brisk walk EVERY day so that if something comes up Wednesday and you miss your usual workout, you'll still be maintaining with your brisk walks and won't get upset with yourself for missing or feel pressured to make up for it Thursday when you want to stay away from the gym like usual.
- **Test out some exercise equipment while you're out Christmas shopping.** On this day we tried every machine in the store without anyone questioning us; and I counted it as a workout!



Tips for fitting in exercise while hosting visitors or while being a guest in another person's home:

- **Let a family member lead you through a new type of workout, or offer to show them some beginner moves of your favorite workouts.**
- **Make use of times you are alone**, like doing squats and lunges in the bathroom while brushing your teeth, blowing your hair dry, showering, or just for a minute after you flush. When you take a phone call in the other room or outside pace the floor, hold a wall squat, do one-arm wall pushups.
- **Get everyone out for a walk, start a dance party, plan a trip to a skating rink.** Find a neighborhood you can walk around safely to see Christmas lights.



- **Talk about your desires and why it's important to you to keep moving during the holidays.** You might inspire someone else to start taking better care of themselves, too.

Your fitness goals don't have to go out the window during the holidays. You don't have to resign from healthy habits and wait until the new year comes to try to get back in shape.

Focus on balance, moderation, maintenance, flexibility and most of all enjoyment of the holiday season. Empower yourself, get creative, and look for ways to work around circumstances and obstacles.

You CAN maintain your body and health and feel good about yourself all season long!



PART 2 : REFLECTIONS

Write or think about your answers to these questions:

1. What reasonable health goals would you like to maintain throughout this season?
2. What plans can you put in place to help balance and moderate your indulgences this season? What tips from this guide would be helpful to implement so that you stay nourished and energized?
3. How can you maintain your body and progress you've made and feel good about yourself through the holidays?
4. What circumstances could derail you? How could you show grace for yourself and bounce back from setbacks?

PART 3 : MAINTAINING EMOTIONAL BALANCE AND MENTAL STABILITY

By now you're probably really feeling the swing of the holidays. Kids are home from school, unless you homeschool, like we do. Either way, they are extra excited and rambunctious.

As much as that might be driving you CRAZY, it might also have you feeling a little jealous—wishing you could be so happy, hopeful and energetic.

Perhaps you don't have children home, but there are other demands wearing you out. Or other emotions overwhelming you.

Hopefully you've already found some great tips for producing good vibes for the holiday season, and keeping your physical health in check.

But, if you're feeling weary, struggling with depression, grappled by anxiety, still not grasping the holiday spirit....

Or, if you're feeling overwhelmed, high strung, unable to relax...

Here is help for you to calm your emotions and stabilize your energy levels.

For some the holiday season is energizing and up-lifting—so much so that it can be difficult to wind down at the end of bustling days. Anticipation, whether exciting or dreadful, can put you out of sorts—munching irregularly, drinking excessively, welling with anxiety, feeling like you're in a whirlwind.

For others it's draining. Maybe depression kicks in extra hard, diagnosed or not. Seasonal Affective Disorder is real! But so is simple, unexplained sadness and deeper sadness related to loss, loneliness, or other turmoils magnified, instead of distracted by the season.

First question: What do YOU need to do to recharge?

I tend to be high-strung and overly-anxious. I love to release some energy with a good hard run or workout several times a week, but when my emotions are frazzled I need *down time*.

What about you?

What do you value that is being forgotten or left out right now? How can you carry that through the holidays?

Do you crave some down time, like I do? Or are you seeking some excitement, stimulation and adventure?

Do you need to be lifted up right now? Would it excite you to find a group to join, a cause to support, or a project to get involved in?

Or would you benefit from having some time alone to journal, reflect, or ponder possibilities for the new year?

What would give you a natural surge of energy?

Next questions:

Who could support you?

Who could you ask for physical help with daunting tasks, watching the kids, getting things done around the house, engaging in more hugs? Yes, sometimes I tell my husband and son I need more hugs. They can't read my mind to know what I wish for. If you're down and out, you can't expect even your closest peeps to know exactly what to do to help you. It's ok to ask!

Who *could provide social support to join you volunteering at a local shelter, meet you for hikes, or chat on the phone?* Is there someone in your life who is usually up for anything? How about someone you know who could use the extra lift as well? Is there an old friend you've been wanting to rekindle a relationship with? The simple re-connection could enliven you both.

Who would be a great source of emotional support to listen to you without judging or advising, a strong voice that could inspire you, a good questioner who might help you reframe your present circumstances? I know a great life, love and wellness coach who would certainly accept this role for you!

When can you fit in some serious self-care?

Let go of the guilt. Your mental health is valuable to you AND those around you.

You CAN carve some time for quality self-care activities!

Start with thinking about *how you can continue daily routines* with which you've already found great success?

It can seem like your life will be in upheaval during the holidays, but if you just take a few moments to think it through you might be more capable of maintaining routine than you first thought when the overwhelm or anxiety crept up.

Look for ways around the obstacles that you foresee. Don't settle into victimhood; create an empowered mindset and seek opportunities to carry on your self-care practices.

If you don't already have daily routines, maybe you can incorporate one of these:

- a morning stretch
- a 10 minute coffee and meditation (this could involve simply sipping your coffee while you pray, meditate or express gratitude to the universe)
- a 15 minute sunlight bask (this can be in a window if it's cold outside, or incorporating light therapy, or phototherapy if you live somewhere where sunlight is diminished)
- family time outside in the yard, on the balcony, in a nearby park... Don't underestimate what 15 minutes a day outside could do for unsettled bodies, no matter how little.
- reading for a certain number of minutes or pages every morning or evening before bed
- soaking in a bath lavished with magnesium powder or Epsom salts, essential oils, flower petals, herbs, or some combination of these
- enjoy a foot soak if you're like me and don't take baths—I love a soak with Epsom salts and rosemary and peppermint leaves!

How can you manage your holiday schedule?

When you look at the big picture, is there just t-o-o m-u-c-h?

Do you need to tone down any activities?

Can you simplify anything like baking, cooking, shopping, sending cards minus personal notes?

Are there invitations to which you just need to respond "No, thank you."?

And there's sleep! You are getting enough sleep, *right*?! Try, try, try to keep your normal sleep patterns; or at least maintain 7-9 hours even if parties are keeping you out later than usual.

Keep breakfasts super simple or prep breakfast casseroles ahead of time. Don't let the kitchen summons you to short yourself on sleep. It's soooo important!

And don't forget to make some time to watch all the fabulous Christmas movies!! "A Christmas Story" will always be my favorite. How about you?

Now, why are you doing what you're doing?

Is there a good reason for you to pour your heart, energy, time and effort into what you are planning?

Ask yourself this:

"Does _____ fit in with what I decided this time of year means to me and my family?"

Fill in the blank with any activity your planning, questioning, dreading or doubting?

Are you prioritizing the best elements?

In Part 1, I encouraged you to decide on a guiding principle for the holiday season. Stick to it as much as possible.



PART 3 : REFLECTIONS

Write or think about your answers to these questions:

1. What emotions are coming up for you as this winter and holiday season draws near?
2. What usually helps you recharge?
3. What routines or self-care activities do you want to make sure don't get lost this season?
4. What new ideas for self-care would you like to implement?

5. How can you ensure that those activities happen for you?

6. Who can you ask for support?

7. Who do you need to have a conversation with about respecting your boundaries through the holidays?

8. There were several questions in this section. It might be helpful to go back and ponder them....



PART 4 : DEALING WITH THE ACTUAL HOLIDAYS AND PEOPLE

It's almost time to put it all to the test, and not only do you have the actual holidays inching closer...

—there will be PEOPLE there as well.

But you've got this!



You've worked on your mindset and you're feeling a little more holiday cheer. (Part 1)

You've ramped up your self-care efforts and have a game plan for maintaining your fitness goals and energy levels. You know that food spread on a table will not override your plans for balance and moderation. (Part 2)

And you know what to do for yourself if the overwhelm monster starts creeping up. (Part 3)

But what about dealing with the *other* people who will be around?

Family, and sometimes old friends, can be spoiling triggers.

The holidays mean different things for everyone.

You don't have to take on the emotions of others. You can maintain your own positive energy and lessen the negative impact from others. (Read that one more time...)

Most importantly, be aware of how you show up.

This is where you have the most control—actually it's the only thing of which you have control.

How you show up can have tremendous impact; like attracts like.

Express joy and gratitude, and you will see it, too.

Expect things to be good, better or different. In every family and groups of long-term friends, members fall into roles. These roles usually represent how each *used to be*, *not how they are now*.

See that people could be different. Aren't you?

Be the feeling you want to experience. Be relatable, open, patient and loving.

And by the way, you ARE lovable, so it's okay for you to act like it.

Be a harbor of good cheer, not stress.

Then....

Prepare yourself to deal with people and all those frustrating direct or side comments.

You know, the annoying questions and critiques regarding your love life, career, diet, personal choices, etc....

- **Don't let them get to you.** The frustration often comes because you want them to stop, of course. But stopping or changing others is out of your control, so try to let the comments go. Imagine the comments rolling off your shoulders.
- **Try to redirect conversations.** Lead the focus back to the meaning of the holiday, the most positive elements: beauty, love, connections, heart-warming experiences, things for which to be thankful.

- **Boost your self-confidence!** Reassure yourself that you are on your *right path* in life, even if you still need to work on some things—as we all do; and you *don't need* everyone else to understand.
- **Don't take anything personally.** The negativity is most likely not about *you*.
- **Have a script or two in mind for quick, non-confrontational responses,** such as: “Thanks for your concern. I’m really enjoying my life right now.” “I feel really good about how X is going, and I want to enjoy time with my family right now.” “I appreciate you letting me know how fattening this dessert is. Thanks! I’m just going to enjoy it right now.” And smile. Make it sincere, not facetious.
- **If you start feeling jealous or envious of others, you can turn yourself around by expressing gratitude and joy for others.** This really works!
- **Refrain from making negative comments to others.** The temptation may arise, but you have tools to be stronger.
- **Plan a getaway spot:** a bathroom, a porch swing, a balcony. Have a strategic place in mind where you can briefly retreat and recharge yourself.

- **Be conscious of your limitations.** How much togetherness can you handle? How many parties is enough? What amount of time can you spend at each gathering before you might need to escape? If you're a social introvert like me, these are important questions to also talk about with your spouse or with whoever you might attend functions.
- **Think of who might be your saving grace.** Keep your eye on that person when choosing a seat or when you need to seek a redeeming character.

And, alas....

Find ways to connect back to yourself.



- Set an intention every morning, and reclaim it before you enter any home or event. Remember the feeling you're going for this year (from Part 1).
- To ensure a usual bedtime routine, take along your favorite essential oils, candles, downloaded meditations, books or other reading materials.

- After each social engagement, or at the end of each day throughout the season, ask yourself what you need to feel good. What do you need to do to feel good about yourself, your body, your life choices?

Finally, remind yourself that the holidays will pass. There will be life after.

I hope you've enjoyed this holiday survival guide, have taken some time to contemplate and incorporate some tips, and your holidays won't be so stressful or exhausting.

I hope you get through the season with strength and that you find joy and inspiration for the new year.

If you found something helpful, I'd love to hear about your success. Please feel free to send me an email to jennifer@starkwellness.com. I am always here for you, and you can contact me any time.

Happy Holidays, with love.

Live, love and be well!

Jen

P.S. Don't forget about your last set of reflection questions on the following page.

PART 4 : REFLECTIONS

Write or think about your answers to these questions:

1. How do you want to show up throughout this holiday season? Who/how do you want to be when you enter an engagement?
2. What questions and critiques do you anticipate facing when you attend get-togethers?
3. What strategies might help you prepare yourself to deal with people or frustrating comments.
4. What strategies can you implement to connect back to yourself in the early mornings, or late evenings, or after difficult engagements?



Hi there! Thank you so much for downloading my Holiday Survival Guide!

I'm Jennifer Stark, a certified holistic health and wellness coach with a background in professional counseling, personal training and group fitness instruction. I help individuals and couples take a

holistic look at their struggles—the blocks that keep them from experiencing happiness, vibrant health, and fulfilling love—and I empower them to take strong actions to meet their goals.

I hold a Master of Science degree in Counseling Psychology and a Holistic Health Coaching Certification from the International Association of Wellness Professionals. I am also a certified personal trainer and group fitness instructor for Pilates and yoga. My background in counseling supplements my coaching and consulting work.

After almost two decades working as a professional counselor in public schools and family counseling centers and as a personal trainer and group fitness instructor in several gyms, I created [Stark Wellness](#), a private coaching and consulting business focusing on holistic health. This is my way of integrating all of my training and helping a whole person.



Stark Wellness

**Life, Love and Wellness Coaching for
people who want to live better, love
better and enjoy a healthy life.**

www.starkwellness.com