

# YOUR CALM CHRISTMAS CHECKLIST

## Your Non-Negotiables

- Write down the 3 things that matter most to YOU this Christmas.
- Protect these first before adding anything else

## What To Do

- Say 'no' early and politely to anything draining.
- Choose simple meals and easy wins.
- Create small 10-minute pockets of calm.
- Plan one thing that brings you joy.
- Expect an emotional wobble – it's normal

## What NOT To Do

- Don't guilt-buy presents.
- Don't host out of obligation.
- Don't try to do everything alone.
- Don't chase perfection—choose 'done'.
- Don't apologise for resting

## Gentle Reminders

- Your job is not to manage everyone's Christmas mood.
- Quiet and slow is allowed.
- You are not a festive production manager.

***A calmer Christmas begins with choosing yourself first.***

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