

Holiday Grounding Moments to Help You Stay Calm and Present



Sip something warm and really notice the temperature, the smell, and the way it feels going down. Let your body slow to match the pace of the drink.

Hold a soft blanket, scarf, or sweater and focus on its texture for a moment. Let the warmth remind you to settle your shoulders.

Light a holiday-scented candle and take a slow breath as you focus on just that one smell, letting everything else fade to the background.

Step outside and notice three things about the winter air—its temperature, how it feels on your face, the sound of the wind or stillness.

Touch a small holiday object like an ornament, mug, or pinecone and pay attention to its weight, shape, and detail.

Listen to a single holiday song all the way through without multitasking, letting the rhythm guide your breathing.

Take a “holiday color pause” by noticing the reds, greens, whites, golds, or blues around you, naming each one slowly in your mind.

Use the “gift-wrapping breath”—inhale as if gathering the paper, exhale as if smoothing it down. Slow, steady, grounding.

Sit near your tree or lights and pick one glow to focus on. Let your eyes rest on that soft light for a full minute.

Create a small moment of warmth by resting your hands around a heated mug, heating pad, or pocket warmer. Feel the heat move into your palms and let your body follow.

