THE RESTING WOLF

HOLIDAY BURNOUT *Guide*

REST IS NOT A REWARD.

Simple strategies for the women who carry the holiday season, so you get to enjoy it too.



Burnout Awareness: Notice the early signs

- Waking up already tired
- Feeling irritated over small things
- Dreading things you usually love
- Running the to-do list in your head at 2 a.m.
- Skipping meals, water or time outside
- Feeling like you're the only one holding it all together



STRATEGIES FOR A GENTLER SEASON:

- Choose what matters first. Pick your three: the traditions, people and moments that truly fill you up. Everything else is optional.
- Lower the bar on purpose. Store-bought counts. Gift cards count. "Good enough" is a complete standard, not a compromise.
- Make the invisible work visible. Write down every task you're tracking. Hand off three, and let them be done differently.
- Schedule rest like an appointment. Put 20 minutes a day on the calendar that belong to no one else. Protect it like a meeting.
- Guard the basics. Sleep, water, real meals and time outdoors go first in December and restore you fastest. In midlife, be extra gentle with sleep.
- Spend energy like money. Before you say yes, ask: what will this cost me, and what am I willing to trade for it?

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PROTECT YOUR BOUNDARIES

Kind ways to say no, ready to borrow:

- "Thank you for thinking of me. I can't this year, but I'd love to see you in January."
- "We're keeping it simple this year and skipping gifts for the adults."
- "I'm happy to bring a dish, but I can't host."

5-MINUTE RESET

For the checkout line, the car or the office:

- Plant both feet on the floor.
- Breathe in through your nose to the count of four, hold for four, then let out a long, slow exhale. Repeat three times.
- Unclench your jaw. Drop your shoulders.
- Ask, "What do I need right now?" Give yourself one small piece of it.



When you're ready for real rest: The Resting Wolf hosts small-group, Nashville-area weekend retreats for women. Here are a few coming soon:

- Restore, Jan 8–10, 2027: A deep, post-holiday nervous system reset for moms and caregivers
- Illuminate, Feb 5–7, 2027: Cut through the menopause clutter and learn to love midlife
- Play, May 14–16, 2027: A weekend of art and movement focused on choosing joy over perfection

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